NEWSSTAND MAGAZINE OF THE YEAR 2024

AirFryer YEARBOOK 2025

How to cook almost anything in your air fryer

AIR FRYER STILL IN THE BOX?

Tips to help you get started from air frying queen Sam Milner

101 Recipes For All Seasons

Cook quick & healthy meals for the whole family

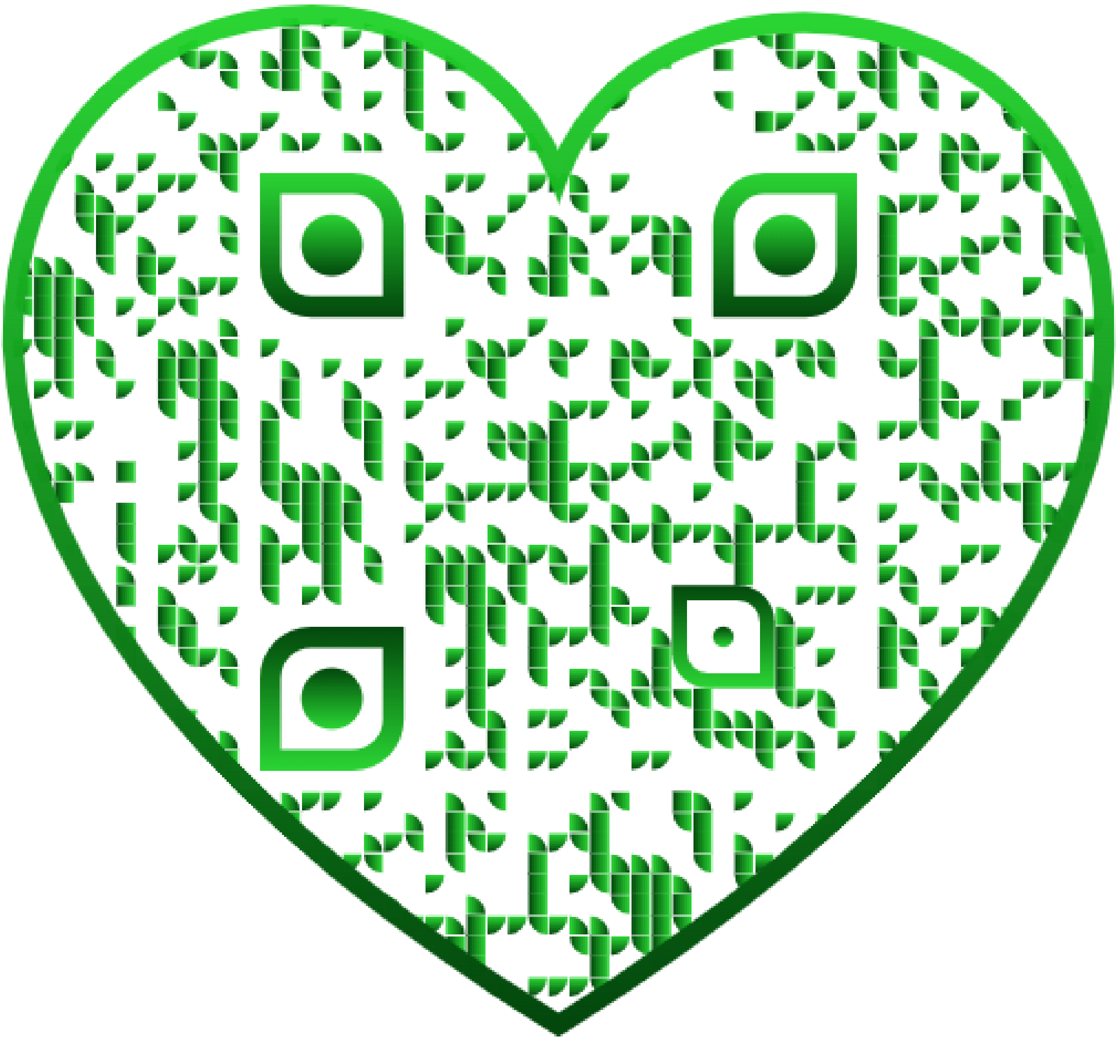
PLUS! Gino D'Acampo

CLASSIC ITALIAN FAMILY RECIPES

FEATURING POPULAR RECIPES FROM AirFryer COOKBOOK PLUS DELICIOUS NEW RECIPES

ANTHEM PUBLISHING

Air Fryer
Yearbook 2025
GBP £9.99



Welcome

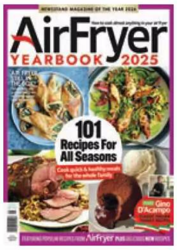
Welcome to our 2025 Air Fryer Yearbook, where you'll find over 100 great seasonal recipes to take your cooking to the next level. We have collated some of your favourites from this last year from our cookbooks, as well as bringing you a whole host of new and exciting recipes that we're sure you're going to enjoy.

We've got all four seasons covered too, so whether you are looking to create a mouthwatering winter salad, an Easter feast, a light summer meal or a hearty autumnal stew, there is something for everyone any time of the year.

It's amazing to think how far the air fryer has come in such a short space of time. In the UK alone, reports indicate that they now sit in over 30% of households, and are fast catching up with the microwave as the viable alternative, or the 'younger brother complement' to the conventional oven. It's easy to see why too. They are cost effective, they cook quicker, require less oil and are very easy to clean and maintain. Early thoughts of the air fryer as being 'a flash in the pan' or the 'latest fad' have long been dispelled.

And by going through our 2025 Yearbook, you'll see just how versatile the air fryer can be. Happy air frying!

Nick



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Healthy Eating was awarded Newsstand Magazine of The Year at the ACE Newspaper & Magazine Awards 2024.

We love...

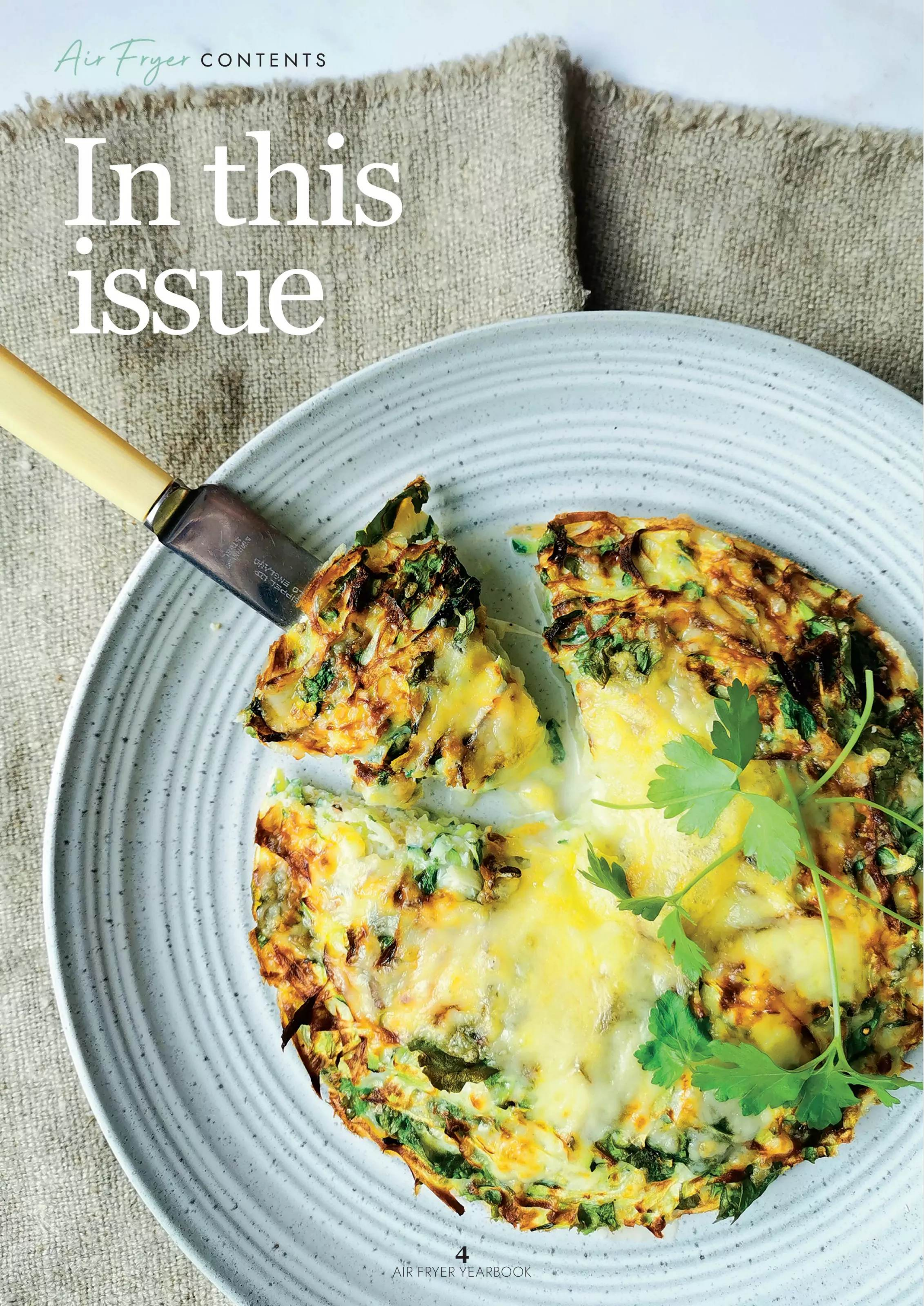
Tips & tricks: Get the most out of your air fryer with 15 essential handy hints that will give you the best results every time **on page 8.**

***Italian Classics Made Easy*:** Renowned chef Gino D'Acampo shows us how to make traditional Italian dishes with the minimum of fuss **on page 84.**

Is your air fryer still in the box? Go from compleate novice to seasoned pro with a step-by-step guide to getting started with your air fryer **on page 88.**

Achieve the desired results in your cooking with our comprehensive temperature and timings chart from page 34.

In this issue



21

RECIPES

Winter Breakfast 12
Winter Lunch 15
Winter Dinner 21
Winter Sweet Treats 27
Spring Breakfast 41
Spring Lunch 43
Spring Dinner 51
Spring Sweet Treats 60
Summer Breakfast 64
Summer Lunch 65
Summer Dinner 73
Summer Sweet Treats 79
Autumn Breakfast 92
Autumn Lunch 93
Autumn Dinner 100
Autumn Sweet Treats 110

79

51

100

84

FEATURES

Welcome 03
Recipe finder 06
Tips & tricks 08
Cooking charts 34
Gino D'Acampo's Italian Classics 84
Put an end to air fryer fear 88

Image: Liudmila Chernetska via Getty Images

Recipe finder

WINTER

BREAKFAST

12 Maple banana baked oats
13 Apricot and almond pastries
14 Mushroom and kimchi tortillas

LUNCH

15 Dauphinoise potatoes
16 Herby Yorkshire puddings
16 Pigs in blankets
17 Turkey croquettes
18 Garlic bread sausage rolls
20 Crispy sprouts
20 Pork, sage and cranberry stuffing

DINNER

21 Ham and cheese stuffed potatoes
21 Crispy camembert wedges
22 The best vegetarian lasagne
24 Root vegetable soup
25 Crispy tofu teriyaki
25 Peanut tofu soba noodles
26 Spiced vegetable pilaf pie

SWEET TREATS

27 Festive gingerbread
28 Biscoff brownies
30 Mince pies
31 Poached pears

SPRING

BREAKFAST

41 Wholemeal spelt bread
41 Egg cups
42 Rainbow brunch bowl

LUNCH

43 Mushroom kimchi fritters
43 Chilli, bacon and potato frittata
44 Herb and spinach frittata
44 Garlic dough balls
45 Puff pastry mushroom pockets
46 Parsnip and potato crispy cakes
46 Spring pea risotto cakes
47 Prawn tacos
48 Sweet potato and halloumi fries
48 Warm chicken salad
49 Asparagus and courgette puffs
50 Jersey Royal Cheddar cakes
50 Purple sprouting broccoli tart

DINNER

51 Sweet chilli chicken banh mi
52 Lemon herb chicken kebabs
52 Roasted squash medley
53 Vegan maple mac 'n' cheese
54 The ultimate doner kebab fakeaway
56 Crispy sweet potato skins
57 No-stir spring risotto
57 Herby lamb chops
58 Mediterranean lamb
59 Butterflied leg of spring lamb

SWEET TREATS

60 Cappuccino cupcakes
61 Hot cross bun and lemon pudding
62 Easter egg caramel brownie cake

SUMMER

BREAKFAST

64 Strawberry & pistachio French toast
64 Banana bread

LUNCH

65 BBQ chicken fajita skewers
66 Easy sausage rolls
67 Roasted sweetcorn & herb butter
67 Garlic prawns
68 Spinach and feta parcels
69 Falafel salad
70 Scotch eggs
72 Korean BBQ halloumi skewers

DINNER

73 Bacon jalapeno poppers
73 Tortilla chip-crusted prawns
74 Sweet potato gnocchi
75 Thai-style turkey satay
76 Crispy pork dumplings
76 Cheeseburger nachos
77 Rump steak bites
78 Bacon-wrapped cod

SWEET TREATS

79 Strawberry and custard roll buns
80 Jumbo churros & cinnamon custard
81 S'mores dip with banana swirls
82 Choc chip and pistachio cookies
83 Mini New York cheesecakes

AUTUMN

BREAKFAST

92 Moreish maple breakfast cookies
92 Gooey rarebit crumpets

LUNCH

93 Jalapeno poppers
94 Spicy tofu noodles
95 Roast tikka chicken
96 Bang bang cauliflower
97 Spiced carrot and squash soup
97 No knead bread
98 Posh jacket potato
99 Mini pizza calzones

DINNER

100 Sweet potato nachos
102 Cauliflower, potato and pea curry
103 Greek stuffed peppers
104 Pork katsu curry
105 Aubergine parmigiana
106 Sticky sesame tofu tacos
108 Cheesy garlic & prawn pizza
108 Sweet potato & spicy black beans
109 Cauliflower steaks

SWEET TREATS

110 Sweet potato brownies
111 Bakewell blondies
111 Marmalade crumble bars
112 Banana puffs
113 Sticky toffee pudding
114 Apple and blackberry crumble

COOKBOOK
AirFryer

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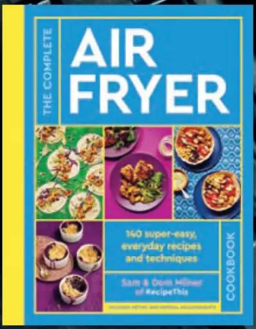
AIR FRYER TIPS

Okay, so you have taken the air fryer out of the box and are about to use it; Sam and Dom Milner have a few things to bear in mind before you get started…


THE COMPLETE
AIR FRYER
COOKBOOK
140 super-easy, everyday recipes and techniques
Sam & Dom Milner of RecipeThis

Extract taken from ***The Complete Airfryer Cookbook*** by ***Sam & Dom Milner***, published by White Lion Publishing, £20.

Right: SGAPhoto via Getty Images, below: Adisak Mitrprayoon via Getty Images, left: brebca via Getty Images

It's an average cook time just like with ovens

When we develop recipes we test the cook times on several air fryers and calculate an average for you. For example, some air fryers cook soft-boiled eggs in 11 minutes, some do them in 10 minutes, while the slowest do them in 12 minutes. Therefore, we use 11 minutes as the average. Get to know your air fryer and adapt as necessary.

Overcrowding changes the cook time

We can cook a portion of Brussels sprouts in just under 15 minutes, yet if we have filled the air fryer with a roast including meat, potatoes and sprouts, the cook time will be over 20 minutes as the hot air doesn't circulate as freely.

The fork test

A fork test is an easy way to check that food is cooked, especially potatoes. Simply poke a fork into whatever veggie you may be cooking and if the fork goes in easily it is fork tender – and may just need the temperature increasing to make the food crispy.

Clean regularly

We recommend keeping up with the cleaning of your air fryer. Compared to the oven, air fryers are very easy to clean and we clean ours along with the other washing up. If you leave fat in the air fryer, for example from burgers, the next time you use your air fryer it may produce a lot of smoke.

Light food takes off

When we first started air frying, we made a mess in the air fryer many times because of this. If you just add a slice of cheese, for example to melt onto a burger, and don't press it down, the circulating air will move it. That's why we recommend pushing the grated cheese in to stop it flying off. Another solution is using cocktail sticks/toothpicks to hold larger pieces of food in place – for example, pinning a slice of burger cheese to a burger patty to melt it.

You can add time, but you can't take it away

Air fryers are much faster than ovens and it's very easy to overcook food. When you are getting started with your air fryer, we recommend that you start with less time, check your food, then add extra time if necessary.

It's a learning curve

We have been air frying for over ten years, yet we still discover new things. Take your time, experiment and don't quit the air fryer if a recipe goes wrong. If an air fryer recipe does go wrong, it's most likely because it has cooked at the wrong temperature, or that your air fryer is much slower than others. That is why the temperature test is so important.

Air-fryer weaning is like baby weaning

Try a new air fryer recipe every three days. It will take the pressure off air frying every meal and you can wean yourself in the direction of a catalogue of air fryer recipes you love.

Do you have air fryer fear?

We have met many people that have an air fryer still in its box and are worried that they will either not be very good at using it, or they really don't know where to start. If this is you, we suggest starting with some of the simplest air fryer recipes such as chicken breasts or asparagus.

USING FATS AND OILS IN THE AIR FRYER

Oil is often such a big topic of conversation with new air fryer users; they want to understand what oils to use, how to use them and if they can go oil free.

Liudmila Chernetska via Getty Images

How much oil do you use?
The main question we get asked about cooking in the air fryer, is about how much oil to use. This, of course, depends on the recipe. A food that you would normally cook in the oven without adding oil – such as chicken nuggets – usually only needs oil if you want a crisp to the food, but you could go oil-free if you wanted to. A food that you would always add fat or oil to when cooking in the oven – such as a whole chicken, which usually requires butter under the skin – will need a bit of oil to air fry, but much less. In the air fryer it will only need about one tablespoon (depending on the chicken size) to cook it and crisp it up.

Can you go oil-free in the air fryer?
A few years back, there was an air fryer trend of cooking chips/fries without oil. We tried it and they were absolutely awful – the worst chips I had ever eaten. The lesson learnt is that air fryers are all about cooking with less oil, not no oil. You can have a portion of chips with less than a teaspoon of olive oil per serving, but you will often still need a little. Saying this, some recipes don't need oil at all, such as cooking minced beef – it depends on the recipe.

Where do you put oil in the air fryer?
When cooking in an air fryer, oil goes directly onto the food. For example, when you cook chips/fries, you may imagine needing a deep pan of oil for frying. Yet in an air fryer there is no pan. Instead, you toss your chips in a tiny bit of oil in a bowl, using your hands, then tip them straight into the basket and air fry. This is amazing because it cuts down on how much oil you use, thus saving calories and saving money because a bottle of olive oil lasts a long time. Sometimes, if you want an extra crisp to a recipe, you can simply spray a little oil directly over the food in the air fryer.

Which oil is the best?
There are many oil options to choose from. From personal experience, value for money and crispy texture on food, we have found that extra-virgin olive oil produces the best daily air fryer results. For a treat and restaurant taste, we swap this for duck or goose fat on roast potatoes at Christmas.

Why use an oil spray?
I am sure you have seen oil sprays being used in air fryer recipes. When your food is almost cooked and you just want an extra crisp on it, spray bottles are so useful for giving your food a quick spritz of oil from the top. They save your hands getting dirty and, by using a fine spray rather than a drizzle from the bottle, you are cutting down on oil usage.

The unintentional low-fat diet
Once you get used to using so little oil, you will find yourself moving in the direction of a low-fat diet and not missing traditional fried food. When you do go out and have real fried food, such as restaurant French fries, you will likely find it greasy and a shock to your body. I know whenever Dom and I go out for dinner, we always complain that the food we once loved is really greasy. It's not, it's just the air fryer has changed our bodies for the better.

Nourishing!

Winter RECIPES

From Christmas favourites to soul-warming classics, give those cold winter nights a welcome lift...

ROOT VEGETABLE SOUP – P24

Maple banana baked oats

By Maple From Canada (www.maplefromcanada.co.uk)

Serves **2-4** | *Prep* **5 mins** | *Cook* **20 mins**

FOR THE OATS

- 80g (1 cup) jumbo porridge oats
- 120ml (½ cup) almond milk
- 2 free-range eggs
- 2 tbsp pure maple syrup (preferably dark syrup for its robust taste), plus extra to serve
- 2 tbsp peanut butter
- ½ tsp baking powder
- ½ tsp cinnamon
- 40g (⅓ cup) chocolate chips

FOR THE CARAMELISED BANANA

- 1 ripe banana, peeled
- 2¼ tbsp maple sugar
- 1 tbsp pure maple syrup (preferably dark syrup for its robust taste)
- 1 tbsp cold water
- 2 tsp unsalted butter

1. For the oats, preheat the air fryer to 160°C/320°F.
2. Add all the oat ingredients to a blender, except the oats and chocolate chips, then blend until smooth.
3. Divide the oat mixture between two oven-safe bowls, mugs or ramekins. Stir in the oats and sprinkle over the chocolate chips, then air fry for 20 minutes.
4. Cut the banana in half lengthways, then heat the maple sugar over a low heat in a non-stick frying pan. After a few minutes, the sugar will start to caramelise around the edges of the pan. Keep cooking until it's turned a golden amber colour, swirling the pan as you go. And be patient – if the heat is too high, it may burn!
5. Remove from the heat and stir in the butter, maple syrup and 1 tbsp cold water. This is to stop the caramel from cooking any further.
6. Add the banana, cut-side down, and return to the heat; cook for 1-2 minutes, then turn over. The bananas should have taken on the caramel colour.
7. Remove your oats from the air fryer, then top with half a caramelised banana and an extra drizzle of pure maple syrup.

PER SERVING:

Calories: **380,** Fat **20.8g,** Saturates **12.6g,** Carbohydrate **42.6g,** Sugars **21.3g,** Fibre **4.6g,** Protein **9.9g,** Salt **0.2g**

Apricot and almond pastries

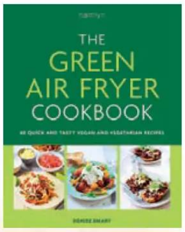
By Denise Smart

Makes **6** | *Prep* **15 mins** | *Cook* **20 mins**

- 125g (4oz) mascarpone cheese
- 25g (¼ cup) icing/confectioner's sugar
- 50g (½ cup) ground almonds
- ½ tsp almond extract
- 1 sheet of ready-rolled puff pastry
- 1 free-range egg, beaten, to glaze
- 6 apricot halves, fresh or from a tin, drained
- 25g (¼ cup) flaked almonds
- 2 tbsp apricot jam

1. Place the mascarpone, icing sugar, ground almonds and almond extract in a bowl and mix well.
2. Unroll the puff pastry and cut it into 6 squares, about 10cm (4in) across. Divide the almond mixture equally between the squares, spreading it out slightly, but leaving a 1cm (½in) border on all sides.
3. Brush the edges of the pastry with a little beaten egg, then lift 2 opposite corners of one of the pastries and pinch together, before repeating with the other 2 corners, to make a parcel.
4. Push down in the centre of the parcel to make a well and pop an apricot half on top. Repeat with the remaining pastries. Brush the pastries with egg and sprinkle over the flaked almonds.
5. Cook half the pastries in the preheated air fryer at 180°C/350°F for 9-10 minutes, until risen and golden and the bases are crispy. Repeat with the remaining pastries.
6. Warm the jam, then brush over the tops of the pastries to glaze. Serve warm or cold.

Recipe taken from *The Green Air Fryer Cookbook* by *Denise Smart*, photography by William Shaw, published by Hamlyn, £16.99.



PER PASTRY:

Calories: **298,** Fat **19.4g,** Saturates **4.9g,** Carbohydrate **24.8g,** Sugars **9.3g,** Fibre **2.4g,** Protein **8g,** Salt **0.1g**

Mushroom, egg and kimchi tortillas

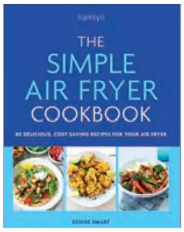
By Denise Smart

Serves **2** | *Prep* **7 mins** | *Cook* **18 mins**

- 200g (7oz) chestnut mushrooms, sliced
- 1 tsp soy sauce
- 1 tsp sunflower oil
- 50g (2oz) baby spinach
- 6 tbsp kimchi, drained
- 8 cherry tomatoes, halved
- 2 flour tortillas
- 2 free-range eggs
- chilli flakes (optional)
- freshly ground black pepper

1. Place the mushrooms in an ovenproof dish, drizzle over the soy sauce and oil, season with pepper and stir to coat. Place the dish in a preheated air fryer and cook at 180°C/350°F for 6 minutes, stirring once.
2. Meanwhile, place the baby spinach in a colander and pour over boiling water to wilt it. Drain well and, when cool enough to handle, squeeze out the excess water.
3. Remove the mushrooms from the air fryer and stir in the kimchi, tomatoes and spinach. Lay 1 tortilla in the air fryer and spread with half the mushroom mixture. Use the back of a spoon to make a hollow in the mixture and crack in an egg.
4. Cook for 5-6 minutes until the egg is just set. Sprinkle with chilli flakes, if using, then serve immediately. Repeat with the remaining tortilla and filling.

Recipe taken from *The Simple Air Fryer Cookbook: 80 delicious, cost-saving recipes for your air fryer by Denise Smart,* photography by William Shaw, published by Hamlyn, £16.99.



PER SERVING:

Calories: **324,** Fat **5.4g,** Saturates **1g,** Carbohydrate **33.4g,** Sugars **7.4g,** Fibre **3.6g,** Protein **35.3g,** Salt **1g**

Dauphinoise potatoes

By Dean Edwards

Serves **4** | *Prep* **10 mins** | *Cook* **40 mins**

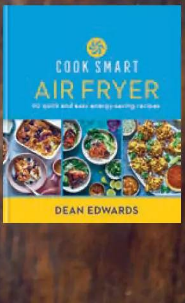
600g (1lb 5oz) Maris Piper potatoes, peeled
2 garlic cloves, peeled, crushed or finely grated
1 tsp dried thyme
200ml (1 cup) double/heavy cream
100ml (½ cup) whole milk
salt and freshly ground black pepper

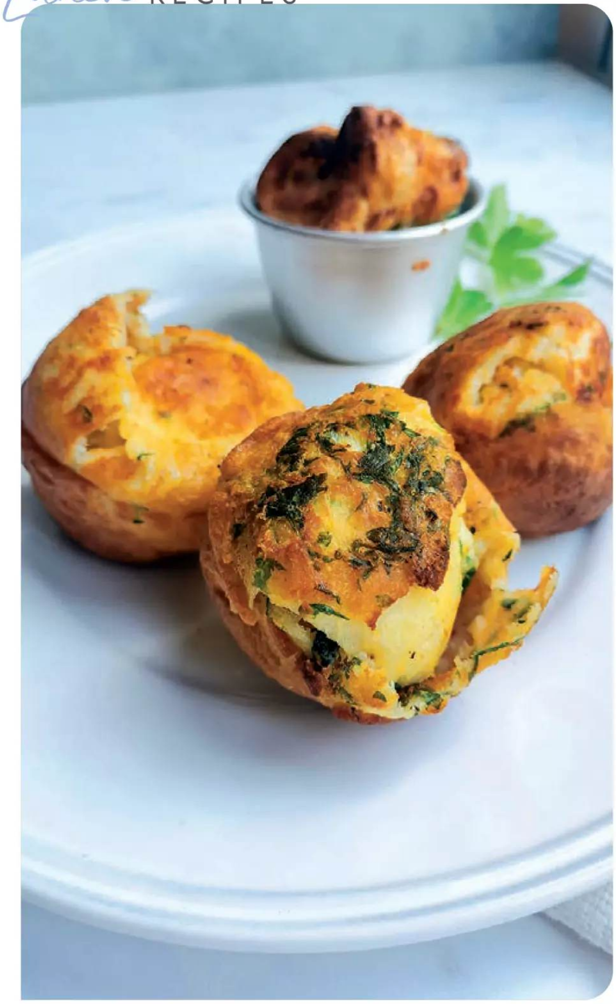
1. Preheat the air fryer to 160°C/325°F.
2. Finely slice the potatoes: a mandolin does this with ease but watch those fingers! Choose some suitable baking dishes, either a large dish measuring about 25×18cm (10×7in), or two smaller dishes measuring 18×12cm (7×4½in).
3. Layer the potatoes, seasoning every few layers with salt and pepper and a small scattering of the garlic and thyme, then pour over the cream and milk, making sure the potatoes are just covered.
4. Place the baking dish(es) into the air fryer and cook for 40 minutes.

PER SERVING:

Calories: **294,** Fat **19.5g,** Saturates **12g,** Carbohydrate **26.8g,** Sugars **3g,** Fibre **3.6g,** Protein **4.5g,** Salt **0.5g**

Recipe taken from *Cook Smart Air Fryer: 90 Quick and Easy Energy-Saving Recipes* by *Dean Edwards,* published by Hamlyn, £22.





Herby Yorkshire puddings

By Fern Green

Makes **4** | *Prep* **5 mins** | *Cook* **12 mins**

- 115g (¾ cup) plain/all-purpose flour
- 1 large free-range egg
- 1 free-range egg white
- 210ml (1 cup) whole milk
- 4 tbsp goose fat
- 1 tbsp mixed chopped fresh herbs; parsley, thyme and chives
- ½ tsp salt
- ½ tsp black pepper

1. Whisk the flour with the eggs, then slowly add the milk. Keep whisking until fully combined. Add chopped herbs into the batter and season with salt.
2. Place 1 tbsp goose fat into 4 pudding tins/ramekins and air fry for 2 minutes at 180°C/370°F.
3. Pour the batter into a jug. After 2 minutes, pour the mixture into each pudding tin and cook for a further 10 minutes. Halfway through cooking, turn each Yorkshire over using a pair of tongs to ensure you get a fully cooked light pudding.

PER YORKSHIRE PUDDING:

Calories: **266,** Fat **15.1g,** Saturates **4.6g,** Carbohydrate **24.8g,** Sugars **2.7g,** Fibre **0.8g,** Protein **7.2g,** Salt **0.4g**

Pigs in blankets

By Fern Green

Makes **8** | *Prep* **5 mins** | *Cook* **12 mins**

- 8 smoky bacon rashers
- 8 pork chipolatas
- 8 sage leaves

1. Wrap one rasher of bacon around each chipolata with a sage leaf, then arrange in a single layer in the air fryer basket.
2. Air fry for 10-12 minutes at 180°C/370°F until they are cooked through. For extra crispy bacon, cook for a further few minutes.

PER PIG IN BLANKET:

Calories: **253,** Fat **22.3g,** Saturates **7.3g,** Carbohydrate **0.3g,** Sugars **0g,** Fibre **0g,** Protein **11.7g,** Salt **0.5g**

Turkey croquettes

By Fern Green

Makes **12** | *Prep* **10 mins** | *Cook* **16 mins**

420g (15oz) mashed potato	1 tsp freshly chopped sage
45g (½ cup) Parmesan cheese	½ tsp salt
45g (½ cup) Cheddar cheese	¼ tsp pepper
1 shallot, peeled, finely chopped	375g (13oz) cooked turkey, chopped
2 tsp freshly chopped rosemary	1 large free-range egg
	150g (1¼ cups) panko breadcrumbs

1. In a large bowl, combine the mashed potato, both cheeses, the shallot, rosemary, sage, salt and pepper. Stir through the turkey and shape into 12 long patties.
2. In a bowl, mix the egg with 2 tbsp water. Place the breadcrumbs in another bowl.
3. Dip the patties into the egg mixture, then the breadcrumbs, patting to help them stick together.
4. Place 6 croquettes in the air fryer, spray with oil and cook for 8 minutes at 180°C/370°F, then repeat with the second batch.

PER CROQUETTE:

Calories: **352,** Fat **13.1g,** Saturates **6.3g,** Carbohydrate **29.8g,** Sugars **1.1g,** Fibre **1.5g,** Protein **27.5g,** Salt **0.7g**

Garlic bread sausage rolls with marinara sauce

By Siobhan Wightman

Makes **6** | *Prep* **15 mins** | *Cook* **15 mins**

- 500g (1lb 2oz) 5% fat minced/ground pork
- 1 tbsp maple syrup
- olive oil spray
- 160g (1 cup) self-raising flour
- 180g (¾ cup) fat-free Greek yoghurt (see Tip)
- 1 tbsp butter, melted
- 2 garlic cloves, peeled, crushed
- 1 tbsp finely chopped fresh parsley
- 10g (¼oz) fresh Parmesan, finely grated
- a pinch of salt

FOR THE MARINARA SAUCE

- 80g (¼ cup) passata/tomato sauce
- 1 tbsp tomato purée/paste
- 1 tsp sugar or granulated sweetener
- ½ tsp garlic granules
- ½ tsp dried basil
- ½ tsp dried oregano

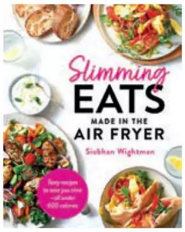
FOR THE ITALIAN SEASONING MIX

- 1 tsp sweet paprika
- 1 tsp dried parsley
- ½ tsp salt
- ½ tsp garlic granules
- a pinch of freshly ground black pepper
- ¼ tsp dried rosemary
- ¼ tsp fennel seeds, crushed
- ¼ tsp dried thyme
- ¼ tsp dried oregano
- a pinch of red chilli flakes (optional)

1. To make the marinara sauce, whisk the ingredients in a jug until well combined, then set aside.
2. To make the Italian seasoning, mix the ingredients together in a bowl.
3. Place the pork mince in a separate bowl and mix with the maple syrup and Italian seasoning mix. Grease your hands with olive oil spray and shape the mixture into 6 sausages.
4. Preheat the air fryer to 200°C/400°F for a couple of minutes.
5. Line the air fryer basket with non-stick baking paper and spray with olive oil spray. Add the sausages and air fry for 5-6 minutes, until lightly golden and almost cooked through (it doesn't matter if they are still a little undercooked in the middle). Remove and set aside.
6. Place the flour and Greek yoghurt in a bowl and mix with a wooden spoon or spatula until the mixture forms a ball. Roll the ball around the sides of the bowl to collect any additional flour/dough stuck to the edges.
7. Transfer the dough to a lightly floured surface and knead it a couple of times, then divide into 6 pieces and roll out each one into a rectangular shape that is roughly the same length as the sausage and just over double the width.
8. Place a sausage in the centre of one of the rectangles and fold the dough around the sausage to make a sausage roll (the ends should be open). Pinch the dough roughly to seal. Repeat with the remaining sausages and dough.
9. Place each sausage roll in the air fryer seam-side down and air fry for 10 minutes at 180°C/360°F, turning for the last 3 minutes.
10. Mix the butter and garlic in a bowl with the fresh parsley, then brush over the top of the sausage rolls, sprinkle with Parmesan and serve with the marinara sauce on the side, warmed slightly if you prefer.

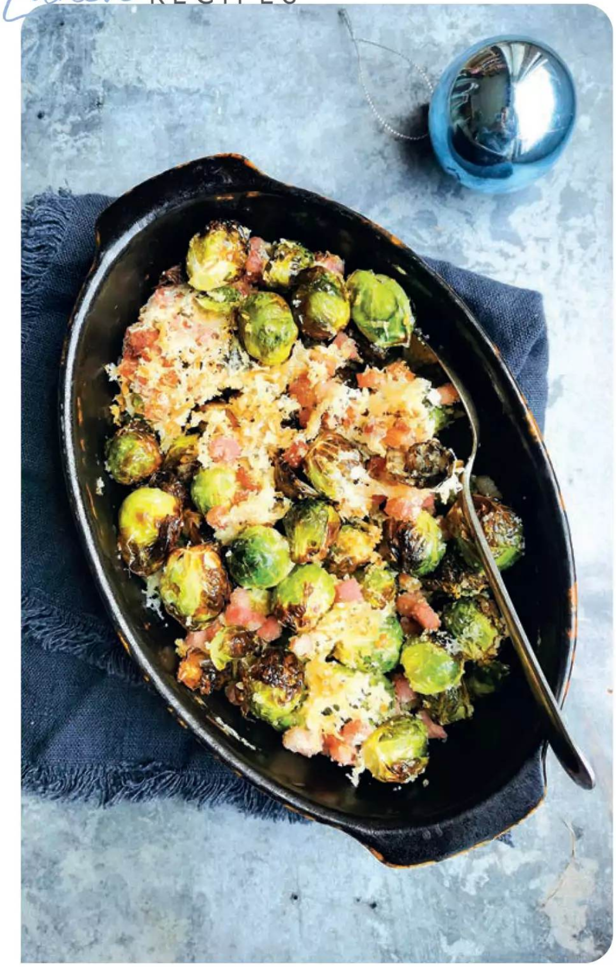
***TIP:** It's important to use Greek yoghurt here, not Greek-style yoghurt – otherwise you won't get a proper dough.*

Recipe taken from *Slimming Eats Made in the Air Fryer* by *Siobhan Wightman*, published by Yellow Kite, £20.



PER SAUSAGE ROLL:

Calories: **285,** Fat **8.7g,** Saturates **3.3g,** Carbohydrate **27.6g,** Sugars **4.3g,** Fibre **1.6g,** Protein **23.7g,** Salt **0.5g**



Crispy sprouts with Parmesan and pancetta

By Fern Green

Serves **4** | *Prep* **5 mins** | *Cook* **15 mins**

- 400g (14oz) fresh Brussels sprouts, trimmed
- 150g (2/3 cup) pancetta cubes
- 50g (½ cup) Parmesan, grated
- 2 tbsp panko breadcrumbs
- 1 tbsp olive oil
- salt and freshly ground black pepper

1. Place the Brussels sprouts in a bowl and drizzle over the oil. Season, toss and coat all over. Arrange the sprouts in the air fryer basket in a single layer and cook for 8 minutes at 180°C/370°F.
2. Top with pancetta and place back in the air fryer for a further 4-5 minutes. Sprinkle over the panko and Parmesan, then air fry for a further 2-3 minutes until golden and crispy.

PER SERVING:

Calories: **341,** Fat **22.5g,** Saturates **7.6g,** Carbohydrate **14.6g,** Sugars **2.6g,** Fibre **4g,** Protein **22.2g,** Salt **1.1g**

Pork, sage leaf and cranberry stuffing balls

By Fern Green

Makes **24** | *Prep* **15 mins** | *Cook* **12 mins** *per batch*

- 10 pork sausages, casings removed
- 1 red onion, peeled, finely chopped
- 125g (1 cup) dried cranberries
- 1 tbsp olive oil
- 12 sage leaves, some finely chopped, some left whole
- 2 rosemary sprigs, leaves chopped
- 50g (½ cup) fresh breadcrumbs

1. Put all the ingredients in a bowl and, using your hands, scrunch the mixture together until combined, then form into 24 evenly sized balls.
2. Line the air fryer with baking paper, place 8 balls in a tray and bake at 180°C/370°F for 12 minutes. Repeat two more times.

PER BALL:

Calories: **110,** Fat **8.4g,** Saturates **2.6g,** Carbohydrate **2.4g,** Sugars **0.5g,** Fibre **0.4g,** Protein **5.6g,** Salt **0.2g**

Ham and cheese stuffed potatoes

By Phillips (www.johnlewis.com)

Serves **2** | *Prep* **20 mins** | *Cook* **45 mins**

2 large potatoes, large size
100g (3½oz) cooked smoked ham
60g (2oz) Gouda
1 tbsp dill
a pinch of salt
a pinch of pepper
½ tsp hot chilli sauce
2 tbsp mayonnaise

1. Thoroughly scrub the potatoes clean using a brush. Put them into the air fryer basket and cook at 180°C/360°F for 40 minutes.
2. Once ready, remove the potatoes and carefully cut in half lengthways. Using a teaspoon, scoop out the middle of each potato half to make hollows. Save the scooped-out flesh for the filling.
3. Dice the smoked ham and grate the Gouda cheese. Wash and finely chop the fresh dill. Transfer it to a bowl, add the scooped potato, salt, black pepper, hot chilli sauce and mayonnaise and mix until well combined. Stuff the potatoes evenly with the prepared filling.
4. Place the stuffed potatoes into the basket and slide it back into the air fryer, then cook for 5 minutes before serving.

PER SERVING:
Calories: **288,** Fat **15g,** Saturates **6.3g,** Carbohydrate **20.4g,** Sugars **2.2g,** Fibre **2.4g,** Protein **18.4g,** Salt **1.2g**

Crispy camembert wedges in breadcrumbs

By Fern Green

Makes **10-12 chunks** | *Prep* **10 mins** | *Cook* **12 mins** *per batch*

200g (7oz) Camembert, cut into 10-12 wedges
80g (2/3 cup) plain/all-purpose flour
1 free-range egg, beaten
60g (½ cup) panko breadcrumbs
salt and freshly ground black pepper
1 jar of cranberry sauce

1. Place the flour on one plate, the beaten egg in a bowl and the breadcrumbs mixed with the salt and pepper in another bowl.
2. Roll each camembert wedge in flour, dip well in egg, then finally roll in the breadcrumbs to coat. Set aside and repeat with the remaining wedges.
3. Place six wedges at a time into the air fryer basket, spray with oil and cook at 180°C/350°F for 12 minutes. Repeat with the next batch of wedges.
4. Heat the cranberry sauce with 1 tbsp water and serve alongside the camembert.

PER WEDGE:
Calories: **108,** Fat **4.7g,** Saturates **2.7g,** Carbohydrate **10.3g,** Sugars **1.1g,** Fibre **1g,** Protein **5.1g,** Salt **0.2g**

The best vegetarian lasagne

By Sam & Dom Milner

Serves **4** | *Prep* **15 mins** | *Cook* **45 mins**

¼ of a medium butternut squash
½ a medium courgette/zucchini
½ a red bell pepper/capsicum
2 spring onions/scallions
1 tbsp extra-virgin olive oil
½ tsp garlic powder
2 tsp dried oregano
400g (14oz) tinned chopped tomatoes
2 tsp garlic purée/paste
2 tsp tomato purée/paste
6 fresh basil leaves
2 tsp dried thyme
2 tsp dried mixed herbs/Italian seasoning
12 fresh lasagne sheets
100g (3½oz) frozen spinach, thawed and drained
225g (2 cups) grated mozzarella cheese
250g (1 cup) ricotta cheese
2 tsp dried basil
4 tbsp cheese sauce
salt and freshly ground black pepper

1 Peel and dice the butternut squash. Dice the courgette and pepper and slice the spring onions. Put them all in a bowl with the olive oil, garlic powder and oregano and season generously with salt and pepper. Mix well with your hands so that all the veggies are evenly coated, then load them into the air fryer basket. Air fry at 180°C/360°F for 20 minutes, or until the squash is fork tender.

2 Meanwhile, put the tomatoes, garlic purée, tomato purée, basil, thyme and mixed herbs into a blender and pulse until smooth.

3 Spoon 3 tbsp of the tomato sauce into the bottom of a deep silicone pan with handles and spread out with the back of the spoon. Arrange a layer of lasagne sheets on top to cover the whole dish, tearing them up into smaller pieces to fill any gaps.

4 Put the remaining tomato sauce into a bowl. When the veggies have cooked, add to the bowl and mix. Spoon the veggie layer over the lasagne sheets and spread out evenly, then add another layer of lasagne sheets on top.

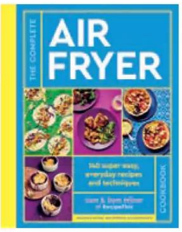
5 Put the defrosted spinach in a bowl, making sure a final squeeze is done first to remove any extra moisture. Add all but 50g (¼ cup) mozzarella, and all the ricotta and dried basil and season with salt and pepper. Mix well with a fork.

6 Spoon the spinach mixture over the lasagne sheets in the dish and spread evenly, then add another layer of lasagne sheets. Spoon over the cheese sauce, then finish by sprinkling the remaining grated mozzarella over the top.

7 Place the silicone pan into the air fryer by its handles. Air fry the lasagne at 180°C/360°F for 15 minutes. Turn the temperature down to 160°C/320°F and give it another 10 minutes, or until the top is golden and the lasagne is piping hot throughout.

***TIP:** Dried lasagne takes much longer to cook and can be rather starchy. If it's all you have, soak the dried lasagne sheets in cold water for 90 minutes before using. Soaking will give the dried sheets the same texture as fresh raw pasta and will remove a lot of the starch, making the lasagne taste much better.*

Recipe taken from *The Complete Airfryer Cookbook* by *Sam & Dom Milner,* published by White Lion Publishing, £20.



PER SERVING:
Calories: **374,** Fat **14.7g,** Saturates **6.5g,** Carbohydrate **45.6g,** Sugars **5.6g,** Fibre **4.5g,** Protein **17.9g,** Salt **0.4g**

Root vegetable soup

By Liz Sinner (www.vegelizious.com)

Serves **2** | *Prep* **15 mins** | *Cook* **25 mins**

180g (6oz) celeriac
180g (6oz) parsnips
160g (5½oz) carrots
160g (5½oz) leeks
1 whole garlic bulb
1 tbsp olive oil
600-800ml (2½-3½cups) vegan stock/bouillon
salt and freshly ground black pepper

TO SERVE

vegan sour cream
sunflower seeds
a fresh baguette

1. Preheat the air fryer to 160°C/320°F for 5 minutes.
2. Peel and chop the celeriac, parsnips and carrots. Wash and chop the leek. Drizzle the vegetables with olive oil and season with salt and pepper.
3. Cover the garlic bulb with ½ tbsp olive oil and wrap in foil or greaseproof paper.
4. Place all the vegetables and wrapped garlic bulb in the air fryer and cook for 25 minutes. Stir well every 10 minutes.
5. Place the roasted vegetables in a food processor. Press the soft garlic cloves out of their skins. Add 600ml (2½ cups) vegetable stock, adding more depending on your preferred consistency. Blend until smooth and no large chunks are left. Season to taste with salt and pepper. Serve with vegan sour cream, sunflower seeds and a fresh baguette.

PER SERVING:

Calories: **265,** Fat **7.8g,** Saturates **1.2g,** Carbohydrate **47.6g,** Sugars **12.9g,** Fibre **9.7g,** Protein **5.1g,** Salt **0.3g**

Crispy tofu teriyaki

By Liz Sinner (www.vegelizious.com)

Serves **2** | *Prep* **5 mins** | *Cook* **15 mins**

- 400g (14oz) firm tofu
- 1 tbsp toasted sesame oil
- 1 tbsp soy sauce

FOR THE TERIYAKI SAUCE

- 60ml (¼ cup) soy sauce
- 30g (¼ cup) brown sugar
- 2/3 tbsp rice vinegar
- 60ml (¼ cup) water
- 2cm (¾in) piece of fresh ginger, grated
- 1 tsp cornflour/cornstarch

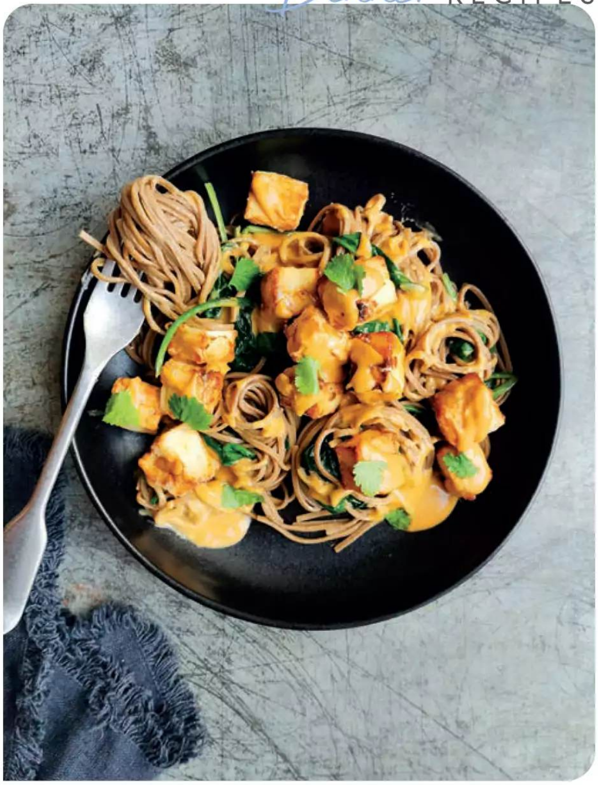
FOR THE TOPPINGS

- 1 tbsp sesame seeds

1. Preheat the air fryer to 190°C/370°F for 5 minutes. Pat the tofu dry and cut into cubes.
2. In a bowl, mix together the toasted sesame oil and soy sauce. Add the tofu cubes and make sure they are evenly coated with the mixture.
3. Air fry the tofu for 15 minutes, shaking every 5 minutes.
4. In a small saucepan, mix together the soy sauce, brown sugar, rice vinegar, water and ginger. Dissolve the cornflour in a splash of cold water and add to the saucepan. Bring to the boil and simmer for 1 minute.
5. When the tofu is crispy, pour over the sauce and sprinkle with sesame seeds.

PER SERVING:

Calories: **427,** Fat **22.9g,** Saturates **3.9g,** Carbohydrate **36.4g,** Sugars **17.6g,** Fibre **4.9g,** Protein **24.2g,** Salt **2.5g**



Peanut tofu soba noodles

By Fern Green

Serves **4** | *Prep* **10 mins** *plus marinating* | *Cook* **15 mins**

- 1 block of extra-firm tofu, drained
- 1 tbsp sesame oil
- 1 garlic clove, peeled, grated
- 2 tbsp light soy sauce
- 1½ tbsp smooth natural peanut butter
- ½ tbsp maple syrup
- ½ tbsp fresh lime juice
- ½ tsp grated ginger
- 80g (½ cup) cornflour/cornstarch
- 120g (4½oz) soba noodles, warmed
- a handful of baby spinach
- spray oil

1. Pat the tofu dry and cut into bite-size cubes. In a small bowl, whisk the oil, garlic and 1 tbsp soy sauce together. Scatter over the tofu and allow to marinate for 45 minutes, turning occasionally.
2. In a bowl, combine the peanut butter with maple syrup, lime juice, 1 tbsp soy sauce and the ginger. Whisk in 50ml (¼ cup) hot water to emulsify.
3. Drain the tofu and roll in the cornflour. Spray with oil, then place in the air fryer and cook for 15 minutes until golden and crispy.
4. Meanwhile, in a large bowl, toss the warmed soba noodles with spinach and the peanut sauce until fully combined. Divide between two bowls, and top with the crispy tofu.

PER SERVING:

Calories: **545,** Fat **17.4g,** Saturates **2.9g,** Carbohydrate **85.7g,** Sugars **5.8g,** Fibre **4.7g,** Protein **22g,** Salt **1.2g**

Spiced vegetable pilaf pie

By Fern Green

Serves **4** | *Prep* **10 mins** | *Cook* **28 mins**

- 100g (3½oz) cauliflower, cut into small florets
- 1 potato, peeled and cut into bite-sized cubes
- 8 cherry tomatoes
- 1 red onion, peeled, thickly sliced
- 3 tbsp curry paste (tikka or rogan josh)
- 1 red or green chilli
- 4-5 curry leaves (optional)
- 150g (¾ cup) long grain rice
- a handful of chopped coriander
- olive oil spray
- yoghurt, mango chutney and coriander, to serve

1. Using a small cake tin works well here. Place a cake tin in the air fryer. In a bowl add the cauliflower, tomatoes, potato and onion, then stir through the curry paste, making sure it's well combined.
2. Pour the mixture into the cake tin and spray with olive oil. Cook at 180°C/350°F for 8 minutes, stirring halfway through.
3. Add the chilli, curry leaves, coriander, rice and 300ml (1¼ cups) boiling water. Give it a stir and cover the top with foil. Cook for 15 minutes. Remove the tin foil and bake for a further 5 minutes until nicely golden and crispy.
4. Serve with yoghurt, mango chutney and coriander.

PER SERVING:

Calories: **270,** Fat **8.8g,** Saturates **0.4g,** Carbohydrate **42.6g,** Sugars **2.7g,** Fibre **2.7g,** Protein **4.8g,** Salt **0.1g**

Festive gingerbread

By Chris Shea

Makes **16** | *Prep* **5 mins** | *Cook* **8-9 mins**

- 75g (⅓ cup) melted butter
- 1 free-range egg
- 150g (¾ cup) brown sugar
- 140g (½ cup) molasses
- ¼ tsp ground cloves
- 1 tsp ground ginger
- 1 tsp cinnamon
- 360g (3 cups) plain/all-purpose flour, plus an extra 60g added 1 tablespoon at a time if dough is too sticky

1. Preheat the air fryer to 180°C/370°F.
2. Melt the butter in the microwave using a microwave-safe bowl.
3. To the melted butter, add the molasses, brown sugar, egg and spices, mixing until combined.
4. Stir in the flour. If the dough is sticky, add in additional flour one tablespoon at a time.
5. Wrap the dough in clingfilm and chill in the freezer for 10 minutes.
6. Roll the dough out on a lightly floured work surface until it is approximately 2cm (¾in) thick, then use cookie cutters to cut out shapes.
7. Place the gingerbread into the air fryer basket and cook for 8-9 minutes.

TIP:* *When the gingerbread shapes are cooked, allow them to fully cool and decorate however you want. These cookies make an ideal festive activity that children can safely join in with.

PER GINGERBREAD:

Calories: **181,** Fat **4.3g,** Saturates **2.5g,** Carbohydrate **33.1g,** Sugars **14g,** Fibre **0.7g,** Protein **2.7g,** Salt **0.05g**

Biscoff brownies

By Niki Behjousiar (www.nikibakes.uk)

Makes **9** | *Prep* **10 mins** | *Cook* **20 mins** *plus cooling*

FOR THE BROWNIES

180g (¾ cup) unsalted butter, cubed

250g (2½ cups) dark chocolate chips

180g (¾ cup) caster/superfine sugar

4 large free-range eggs

120g (1 cup) plain/all-purpose flour/gf plain flour

50g (½ cup) unsweetened cocoa powder

½ tsp sea salt

FOR THE TOPPING

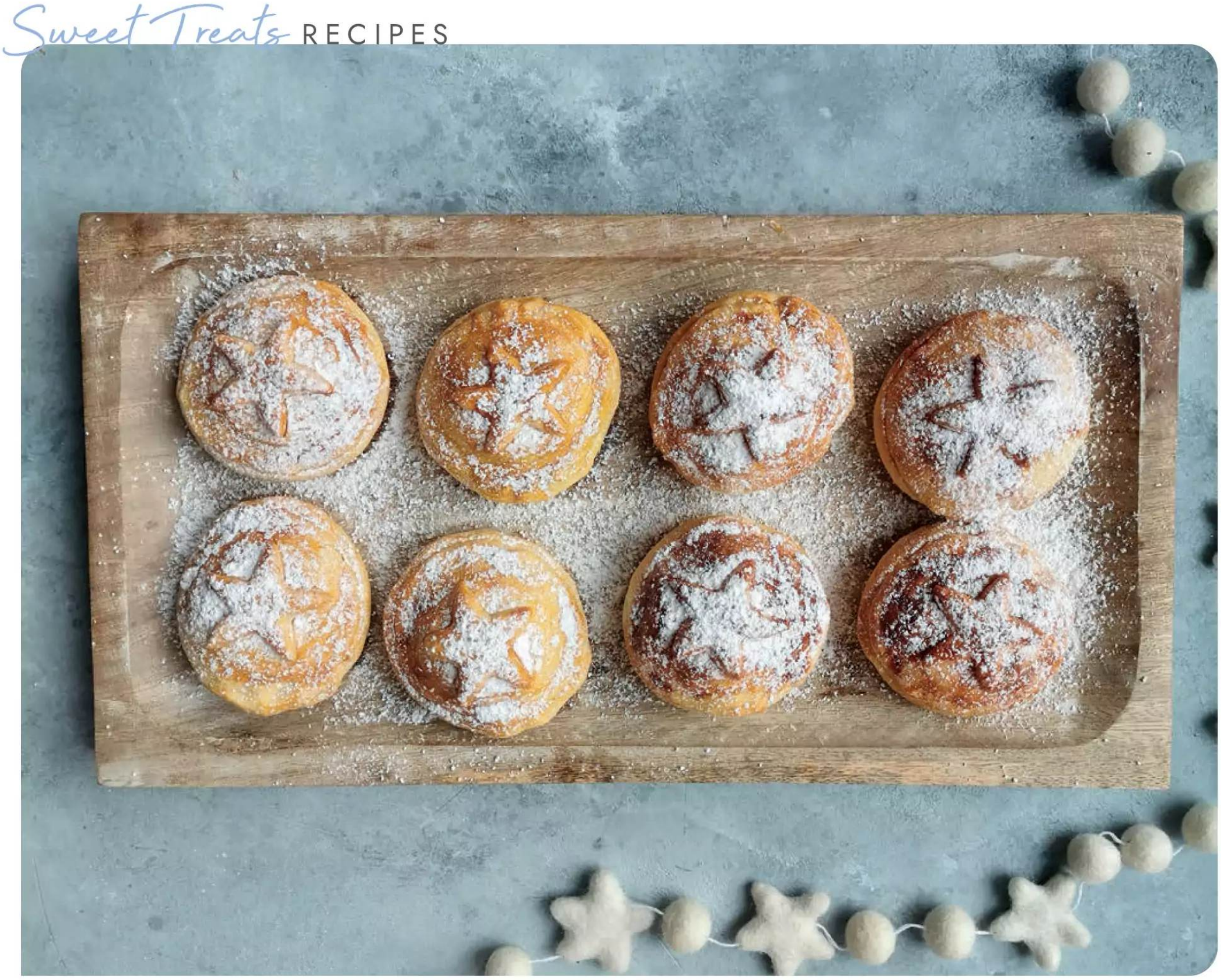
180g (2/3 cup) Biscoff spread

10-15 Biscoff biscuits

1. Preheat the air fryer to 160°C/320°F and line a 23x23cm (9×9in) brownie tin with baking paper, letting the edges of the paper hang over the edge of the tin.
2. Put the chocolate and butter in a microwave-safe bowl and heat in 30-second bursts, stirring in between, until melted. Alternatively, you can melt it together in a bain marie: place the bowl over a saucepan of barely simmering water and allow the chocolate and butter to melt gradually.
3. Place the sugar and eggs in a large bowl and use a hand whisk to mix together until frothy. Stir in the melted chocolate/butter mixture until thoroughly combined.
4. Sift in the flour, cocoa powder and salt. Use a spatula to fold the dry ingredients into the batter until no dry streaks remain. You should have a glossy thick batter at this stage.
5. Warm the Biscoff spread in the microwave for 20 seconds and stir until smooth, then drizzle over the brownie batter in three parallel lines and use a knife to swirl it into the batter.
6. Add the Biscoff biscuits, pressing them lightly into the batter so they stick, but not too firmly that they sink to the bottom.
7. Air fry for 20 minutes until the edges are set but the middle is still a little squidgy.
8. Allow the brownies to cool for about an hour before cutting.
9. Remove the brownies from the tin using the paper lining to lift them out. Use a large serrated knife to cut the brownies into squares, then serve.

PER BROWNIE:

Calories: **621,** Fat **24.9g,** Saturates **14.3g,** Carbohydrate **91.1g,** Sugars **48g,** Fibre **3.3g,** Protein **8.8g,** Salt **0.7g**



Mince pies

By Fern Green

Makes **8** | *Prep* **15 mins** *plus marinating* | *Cook* **15 mins** *per batch*

- 1 green apple, peeled, cored and grated
- 165g (1 cup) soft brown sugar
- 90g (½ cup) sultanas
- 45g (¼ cup) currants
- 45g (½ cup) blanched almonds, toasted and finely chopped
- 2 tbsp mixed peel
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 1 free-range egg white
- 2 tbsp butter, melted
- icing sugar/ confectioner's sugar, to dust
- 640g (1lb 5oz) or 2 sheets of ready rolled sweet shortcrust pastry

1. Put the sugar, sultanas, currants, almonds, mixed peel and spices in a bowl. Place the grated apple onto kitchen paper and squeeze out any excess moisture, then add to the bowl. Stir in the butter and allow to sit for an hour to develop the flavours.
2. Meanwhile cut 8 x 8cm (3in) diameter discs from the pastry (3mm thick) and place into a mince pie pan. Cut another 8 discs but with a 7cm (2¾in) cutter. Divide the fruit mixture between the pastry cases.
3. Beat the egg white until frothy. Brush the pastry discs with a little egg white and top the pastry cases, egg white-down. Press the edges to seal, trimming any excess pastry as you go.
4. With the leftover pastry, cut 8 stars to fit on top. Brush with the remaining egg white and place on top. Brush the stars with egg white.
5. Preheat the air fryer to 160°C/320°F for 3 minutes. Carefully place 4 mince pies in the basket and cook for 15 minutes, or until the pastry is golden and crisp. Repeat for one more batch. Transfer to a wire rack to cool. Dust the pies with icing sugar and serve.

TIP:* *To make more in one batch, reduce the size of the discs.

PER MINCE PIE:

Calories: **540,** Fat **29.6g,** Saturates **2.5g,** Carbohydrate **65.4g,** Sugars **27g,** Fibre **2.6g,** Protein **5.9g,** Salt **0.1g**

Poached pears with salted caramel Pavlova

By Fern Green

Serves **8** | *Prep* **10 mins** | *Cook* **20 mins**

- 4 free-range egg whites
- 215g (1 cup) caster/superfine sugar
- 1 tsp cornflour/cornstarch
- 1 tsp white wine vinegar
- 1 tsp vanilla extract
- 400ml (1½ cups) crème fraiche
- 150g (1¼ cups) icing/confectioner's sugar
- 1 tin of poached pears, drained, quartered
- 40g (½ cup) dark chocolate
- 80ml (1/3 cup) salted caramel sauce

1. Beat the egg whites in a clean dry bowl until firm peaks form. Add the caster sugar one tablespoon at a time, whisking constantly until the mixture is thick and glossy. Add the cornflour, vinegar and vanilla and beat until just combined.
2. Line the tray of the air fryer with baking paper and create another layer to make the pavlova on. Cut two 28cm (11in) long strips of baking paper to go criss cross underneath the layer to help lift out of the air fryer.
3. Spoon the meringue mixture on the top layer of baking paper, making an indent in the centre. Carefully lift the baking paper with the meringue onto the lined basket, then air fry at 150°C/300°F for 20 minutes. Allow to cool slightly before transferring to a wire rack (with baking paper) to cool completely.
4. Use a large palette knife to carefully transfer the Pavlova to a serving plate.
5. Whisk the crème fraiche with the icing sugar and lay the cream on top of the Pavlova. Pour over the salted caramel sauce, lay over pear slices and grate chocolate over the top to finish.

PER SERVING:

Calories: **352,** Fat **10.1g,** Saturates **6.4g,** Carbohydrate **64.6g,** Sugars **51.1g,** Fibre **1.3g,** Protein **3.8g,** Salt **0.3g**

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COOKING CHARTS

Get the most out of your air fryer with this simple guide to cooking times...

Cooking times may vary based on the thickness of your food, the quality and the air fryer model. To ensure you get the best results, make sure to turn your food (or shake) halfway through the cooking time.

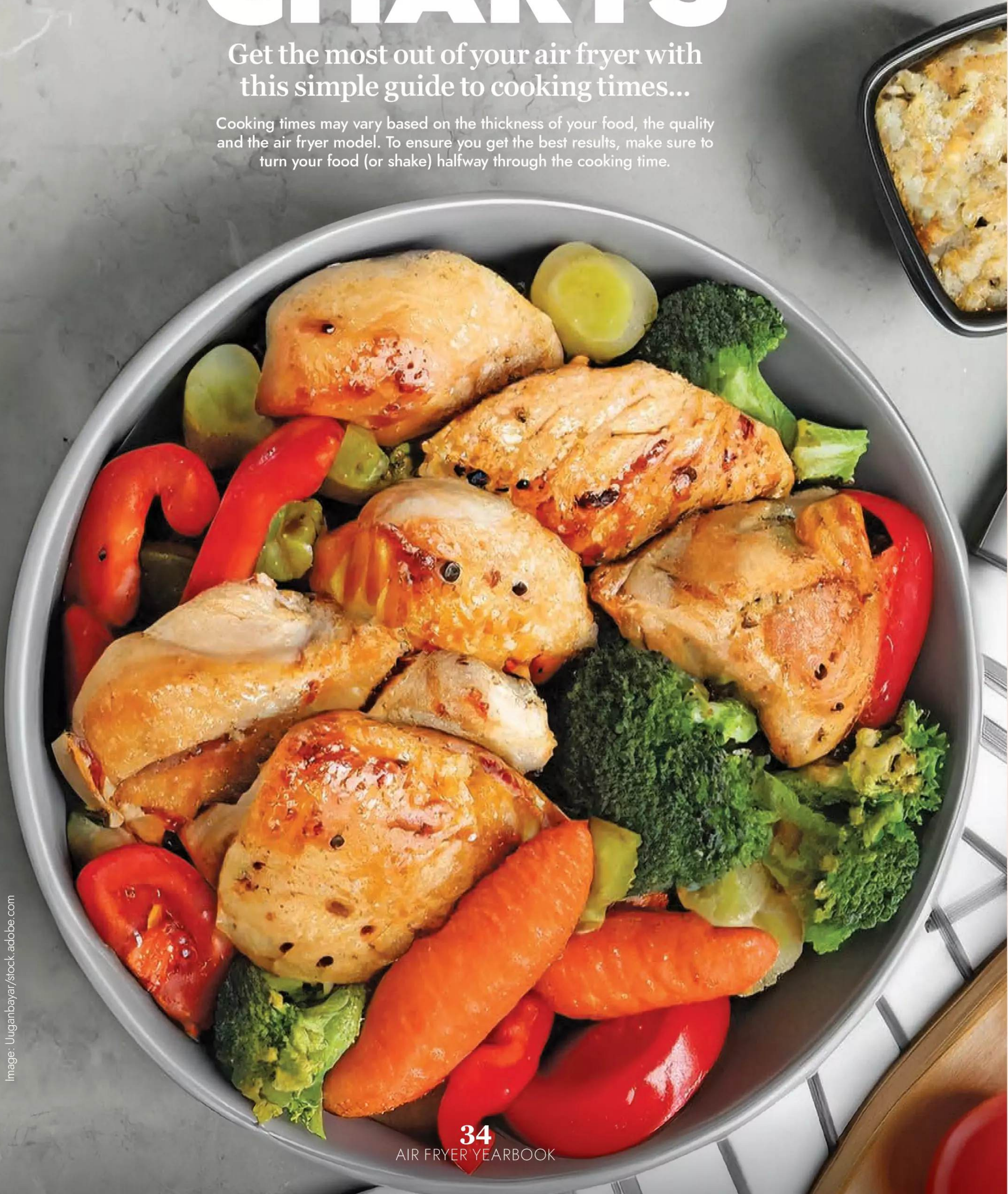

Image: Uuganbayar/stock.adobe.com

Meat

	Temp	Cooking time	Notes
CHICKEN			
Diced	205°C/400°F	12 mins	
Whole chicken	185°C/365°F	1 hour 10 mins	start breast-side down, turn halfway
Breasts (on the bone)	190°C/375°F	30 mins	turn halfway
Breasts (boneless)	185°C/365°F	15 mins	turn halfway
Drumsticks	180°C/355°F	25 mins	turn halfway
Tenders (goujons)	180°C/355°F	11 mins	turn halfway
Thighs (on the bone)	205°C/400°F	22 mins	turn halfway
Thighs (boneless)	190°C/375°F	20 mins	turn halfway
Wings	190°C/375°F	18 mins	turn halfway
LAMB			
Leg	190°C/375°F	24 mins	turn halfway
Rack	190°C/375°F	22 mins	turn halfway
Roasting joint	180°C/355°F	20 mins per 450g	turn halfway
Lamb chops	180°C/355°F	12 mins	turn halfway
Burgers	180°C/355°F	10 mins	turn halfway
Kofta	180°C/355°F	8-10 mins	turn halfway
PORK			
Bacon	180°C/355°F	7 mins	turn halfway
Pork chops	180°C/355°F	30-35 mins	turn halfway
Shoulder	180°C/355°F	15 mins per 450g	rind-side down for 1 hour, then turn
Sausages	180°C/355°F	10 mins	turn halfway
BEEF			
Burgers	180°C/355°F	10 mins	turn halfway
Steak	200°C/395°F	8 mins rare 10 mins medium 12 mins well done	turn halfway
Roasting joint	180°C/355°F	15 mins per 450g (rare) 10 mins (medium)	turn halfway
Meatballs	190°C/375°F	9 mins	turn halfway

Seafood

	Temp	Cooking time	Notes
Calamari	180°C/355°F	7 mins	turn halfway
Cod fillets	180°C/355°F	12 mins	turn halfway
Fish cakes	180°C/355°F	10-12 mins	turn halfway
Fish fingers	180°C/355°F	12 mins	turn halfway
King prawns	180°C/355°F	4 mins	turn halfway
Salmon fillets	180°C/355°F	12 mins	turn halfway
Scallops	200°C/395°F	6 mins	turn halfway

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Vegetables

	Temp	Cooking time	Notes
Aubergine	200°C/395°F	15 mins	turn halfway
Beetroot (whole)	180°C/355°F	35 mins	turn halfway and keep checking
Beetroot (sliced)	180°C/355°F	25 mins	turn halfway and keep checking
Courgette	180°C/355°F	12 mins	turn 2-3 times
Asparagus	200°C/395°F	7 mins	turn halfway
Broccoli	200°C/395°F	6 mins	turn halfway
Brussels sprouts	190°C/375°F	16 mins	turn halfway
Butternut squash (chopped)	200°C/395°F	15 mins	turn halfway
Carrots (baby or chopped)	200°C/395°F	15 mins	turn halfway
Cauliflower (whole)	180°C/355°F	35 mins	turn halfway
Cauliflower (chopped)	200°C/395°F	14 mins	turn halfway
Corn on the cobb	200°C/395°F	8 mins	turn halfway
Green beans	200°C/395°F	9 mins	turn halfway
Kale	190°C/375°F	5 mins	shake halfway
Mushrooms (button)	190°C/375°F	12 mins	turn halfway
Mushrooms (whole)	200°C/395°F	6 mins	turn halfway
Onions	200°C/395°F	10 mins	turn halfway
Peppers (sliced)	180°C/355°F	13 mins	turn halfway
Potatoes (jacket)	200°C/395°F	45 mins	turn halfway
Potatoes (roast)	200°C/395°F	30 mins – parboil for 5 mins first	shake basket halfway
Potatoes (chips)	180°C/355°F	25 mins	shake basket halfway
Potatoes (wedges)	180°C/355°F	25 mins	shake basket halfway
Sweet potato	190°C/375°F	30-35 mins	turn halfway
Tomatoes (cherry)	200°C/395°F	4 mins	
Tomatoes (halves)	180°C/355°F	10 mins	turn halfway

Image: Arylanna/stock.adobe.com

Frozen food

	Temp	Cooking time	Notes
Chicken nuggets	200°C/395°F	10 mins	turn halfway
French fries	200°C/395°F	14-16 mins	turn/shake halfway
Onion rings	200°C/395°F	8 mins	turn halfway
Oven-style chips	200°C/395°F	15-20 mins	turn/shake halfway
Pizza	200°C/395°F	5-10 mins	
Sausage rolls	200°C/395°F	15 mins	turn halfway
Spring rolls	200°C/395°F	15-20 mins	turn halfway

Image: Nitr/stock.adobe.com

Others

	Temp	Cooking time	Notes
Eggs	120°C/250°F	soft – 9 mins medium - 13 mins hard – 16 mins	
Falafel	190°C/375°F	12 mins	turn halfway
Tofu	190°C/375°F	15 mins	turn halfway

Sweet treats

	Temp	Cooking time	Notes
Churros	180°C/355°F	13 mins	turn halfway
Cinnamon rolls	180°C/355°F	9 mins	turn halfway
Cookies	180°C/355°F	5 mins	
Cupcakes	180°C/355°F	15 mins	
Doughnuts	180°C/355°F	5 mins	

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Delightful!

Spring RECIPES

Step into spring with light and fresh dishes to match your mood...

ASPARAGUS AND RICOTTA PUFFS – P49

Wholemeal spelt bread

By Doves Farm (www.dovesfarm.co.uk)

Serves **6** | *Prep* **20 mins** | *Cook* **1 hr 10 mins**

- 250g (2 cups) Doves Farm Organic Wholemeal Spelt Flour
- ½ tsp Doves Farm Quick Yeast
- a pinch of sugar
- 175ml (¾ cup) tepid water
- ¼ tsp salt
- 1 tbsp oil, plus extra for greasing

1. Rub oil around the inside of a 500g (1lb) bread tin and check that it will fit in your machine.
2. Preheat the air fryer to 200°C/400°F for 5 minutes then turn it off.
3. Put the flour, yeast and sugar into a mixing bowl and blend together well. Pour in the water and mix together until craggy. Scatter the salt over the top and stir to make a dough. Sprinkle the oil over the top, then bring together a doughy mass using your hands. Knead the sticky dough in the bowl for 100 presses, but avoid adding flour as the dough strengthens.
4. Shape the dough and put it in the tin, then place the tin in the warm machine and leave to rise for 40 minutes.
5. Without opening the door, set the air fryer to 200°C/400°F again and cook for 30 minutes. Carefully take the bread tin out of the air fryer, tip the loaf out and leave it to cool on a wire rack.

PER SERVING:

Calories: **165,** Fat **3.3g,** Saturates **0.5g,** Carbohydrate **30.6g,** Sugars **0.7g,** Fibre **4.5g,** Protein **5.6g,** Salt **0.1g**

Egg cups

By British Lion Eggs (www.egginfo.co.uk)

Makes **4** | *Prep* **5 mins** | *Cook* **14 mins**

- non-stick cooking spray
- 4 large British Lion eggs
- 60g (1 cup) diced veggies of your choice
- 120g (1 cup) grated cheese
- 4 tbsp double/heavy cream
- 1 tbsp chopped coriander
- salt and freshly ground black pepper

1. Grease 4 ramekins. In a medium bowl, whisk the eggs, veggies, half the cheese, the double cream, coriander and salt and pepper together.
2. Divide the mixture between the ramekins and place them in the air fryer basket. Set the temperature to 150°C/300°F and cook the eggs for 12 minutes.
3. Top the egg cups with the remaining cheese, increase the temperature to 200°C/400°F and cook for a further 2 minutes until the cheese is melted and lightly browned.

PER EGG CUP:

Calories: **282,** Fat **23.8g,** Saturates **12.2g,** Carbohydrate **2.8g,** Sugars **1.5g,** Fibre **0.5g,** Protein **14g,** Salt **0.5g**

Rainbow brunch bowl

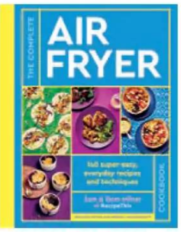
By Sam and Dom Milner

Serves **2** | *Prep* **10 mins** | *Cook* **25 mins**

- 1 medium courgette/zucchini
- 1 red bell pepper
- 225g (8oz) sweet potato, peeled, diced
- 225g (8oz) butternut squash, peeled, diced
- 2 tsp dried parsley
- 2 tsp dried mixed herbs/Italian seasoning
- 2 tsp sweet paprika
- 1 tbsp extra-virgin olive oil
- 5 Cumberland pork sausages
- salt and freshly ground black pepper

1. Slice the courgette into thick slices, then quarter each slice. Deseed and dice the red pepper. Put them in a bowl with the sweet potato and butternut squash cubes.
2. Add the dried herbs, paprika and olive oil, then season with salt and pepper and mix well with your hands.
3. Load the veggies into the air fryer basket and cook at 160°C/320°F for 12 minutes. Stir with a silicone spatula, then slice the sausages into quarters and place them over the veggies.
4. Air fry at 180°C/360°F for a further 8 minutes, then stir the sausages into the veggies. Air fry at 200°C/400°F for a final 5 minutes, or until the sausages are well browned.
5. Divide the mixture between bowls and serve.

Recipe taken from *The Complete Airfryer Cookbook* by *Sam & Dom Milner,* published by White Lion Publishing, £20.



PER SERVING:
Calories: **690,** Fat **48.3g,** Saturates **16g,** Carbohydrate **41.5g,** Sugars **2.4g,** Fibre **6.6g,** Protein **25.4g,** Salt **1.5g**

Mushroom kimchi fritters

By Vadasz (www.vadaszdeli.co.uk)

Serves **2** | *Prep* **15 mins** | *Cook* **6-8 mins**

- a few chestnut mushrooms
- 2 tbsp vegetable oil
- 100g (3½oz) Vadasz Kimchi
- 60g (½ cup) thinly sliced onions
- 60g (½ cup) chickpea/gram flour
- ¼ tsp baking powder
- 50ml (¼ cup) water
- salt and freshly ground black pepper
- aioli of your choice, to serve
- salad, to serve

1. Press the mushrooms as thin as you can without damaging them too much, between two sheets of parchment paper and using a heavy object such as a large stone or heavy pestle and mortar, or a chopping board loaded up with books. Press for 10 minutes or so until they don't recover their shape.
2. Meanwhile, make the batter by combining the flour, kimchi, onions, water, baking powder, salt and pepper in a large bowl.
3. When the mushrooms are pressed, gently remove the weights and paper and carefully place them one by one into the batter, gently ensuring you cover them well with the mixture, without breaking them up.
4. Air fry the fritters for 6-8 minutes at 200°C/400°F until golden and crispy, turning once halfway through cooking.
5. Serve with aioli and a dressed salad.

PER SERVING:

Calories: **272,** Fat **14.4g,** Saturates **2.3g,** Carbohydrate **30.4g,** Sugars **3.8g,** Fibre **2.6g,** Protein **7.2g,** Salt **0.3g**

Chilli, bacon and crispy potato frittata

By Fairburn's Eggs (www.fairburnseggs.co.uk)

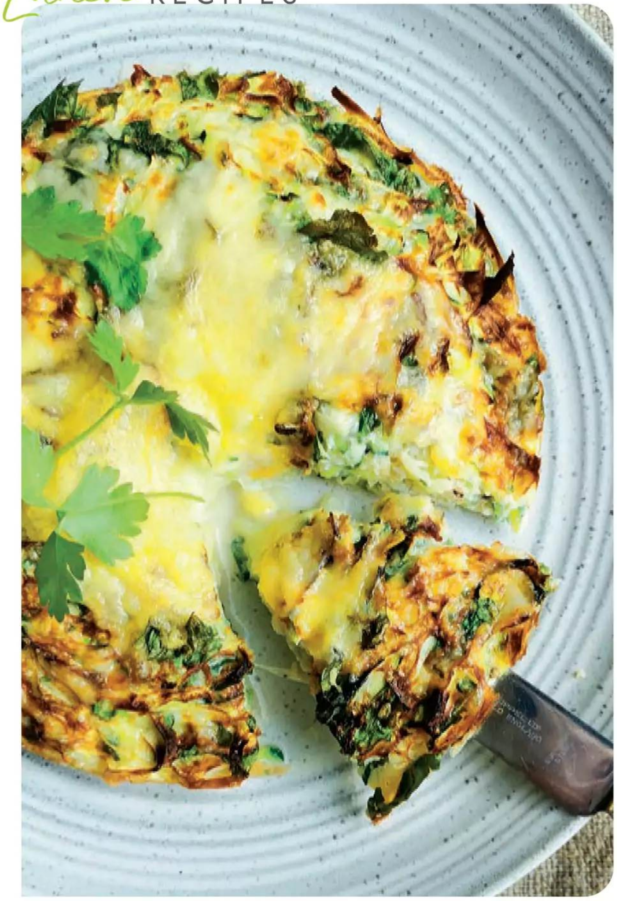
Serves **2-4** | *Prep* **10 mins** | *Cook* **15-16 mins**

- 250g (9oz) leftover roast potatoes, cut into small chunks
- 1 tbsp olive oil
- 100g (3½oz) pancetta cubes
- 4 Fairburn's Lincolnshire Free Range eggs
- sea salt flakes and freshly ground black pepper
- 1 tbsp cream
- ½ tsp red chilli flakes
- a small handful of fresh basil leaves, chopped
- 4 spring onions/ scallions, sliced
- 75g (⅓ cup) mature Cheddar, grated

1. Preheat the air fryer to 190°C/370°F.
2. Drizzle the potatoes with the olive oil and place in a non-stick tin along with the pancetta, then cook in the air fryer for 3-4 minutes until golden but not crisp.
3. Meanwhile, beat the eggs in a bowl, season with a little salt and pepper and stir in the cream, chilli flakes, basil, spring onions and cheese.
4. Reduce the air fryer temperature to 170°C/340°F.
5. Pour the egg mixture into the tin and cook in the air fryer for 10-12 minutes or until the frittata is golden and the egg is set. Remove from the air fryer and serve immediately.

PER SERVING:

Calories: **461,** Fat **40.5g,** Saturates **14.6g,** Carbohydrate **12.5g,** Sugars **1.9g,** Fibre **1.6g,** Protein **12g,** Salt **0.3g**



Herb and spinach frittata

By Fern Green

Serves **4** | *Prep* **10 mins** | *Cook* **12-13 mins**

5 free-range eggs
a handful of spinach
a handful of kale
2 tbsp chopped soft herbs, such as parsley and coriander
1 courgette/zucchini
a handful of grated Cheddar or halloumi
freshly ground black pepper

1 Grate the courgette onto kitchen towel or a tea towel. Season with salt and allow to sit for a few minutes. Grab the towel around the outside and squeeze any juices from the courgette and place in a bowl. Discard the juices.

2 Add the egg, spinach, kale, herbs and 100ml (½ cup) water to loosen the mixture. Season with black pepper.

3 Pour the mixture into a lined cake or tart tin that fits in the air fryer, then cook at 180°C/350°F for 10 minutes. Add the grated cheese and cook for a further 2-3 minutes until cooked through.

PER SERVING:
Calories **122,** Fat **6.8g,** Saturates **2.5g,** Carbohydrate **3.2g,** Sugars **1g,** Fibre **0.8g,** Protein **12.2g,** Salt **0.2g**

Garlic dough balls

By Liz Sinner (www.vegelizious.com)

Makes **12** | *Prep* **15 mins** *plus proving* | *Cook* **10 mins**

FOR THE DOUGH
250g (1½ cups plus 1 tbsp) plain/all-purpose flour
150ml (⅔ cup) water
1 tbsp sugar
5g dried yeast
a large pinch of salt

FOR THE GARLIC BUTTER
4 tbsp butter
2 garlic cloves, peeled, finely grated
2 tbsp fresh parsley, chopped
2 tbsp fresh thyme, chopped

1 Pour the flour into a large bowl, make a well in the centre and add the water. Stir in the sugar and yeast. Knead for about 10 minutes, adding the salt halfway through. Allow to rise for 30 minutes.

2 Melt the butter and mix with the finely grated garlic and chopped herbs.

3 Form 12 equal-sized balls of dough and place on baking paper in the air fryer.

4 Bake at 200°C/400°F for 5 minutes. Without opening the air fryer, reduce the temperature to 160°C/320°F and bake for a further 5 minutes. Spread half the garlic butter on the balls and bake for a further 5 minutes. Brush with the rest of the garlic butter.

PER DOUGH BALL:
Calories: **129,** Fat **5.6g,** Saturates **3.5g,** Carbohydrate **17.2g,** Sugars **1.1g,** Fibre **0.7g,** Protein **2.4g,** Salt **0.1g**

Puff pastry mushroom pockets

By Liz Sinner (www.vegelizious.com)

Serves **10-12** | *Prep* **15 mins** | *Cook* **15 mins**

- 1 sheet of vegan puff pastry (rectangular)
- 250g (2 cups) mushrooms
- 1 small onion, peeled
- 2 garlic cloves, peeled
- 100g (3½ oz) smoked tofu
- 1 tbsp soy sauce
- 3 fresh sage leaves, chopped
- a pinch of nutmeg
- salt and freshly ground black pepper
- sunflower oil

1. Finely chop the onion and the garlic. Cut the mushrooms and smoked tofu into small dice.
2. Heat a little sunflower oil in a frying pan and sauté the vegetables and tofu for about 8 minutes. Add the soy sauce and season with sage, nutmeg, salt and pepper. Leave to cool slightly.
3. Cut the puff pastry into 10-12 equal squares. Place a little filling on each square, brush the edges with a little water and fold in half to cover the filling. Seal each pocket with a fork.
4. Bake in the air fryer at 200°C/400°F for about 8 minutes.

PER POCKET:

Calories: **164,** Fat **11.2g,** Saturates **2.6g,** Carbohydrate **13.2g,** Sugars **1g,** Fibre **0.9g,** Protein **3.4g,** Salt **0.2g**

Parsnip and potato crispy cakes

By Fern Green

Makes **10** | *Prep* **5 mins** | *Cook* **10 mins** *per batch*

- 1 large potato, peeled, coarsely grated
- 1 parsnip (250g (9oz), cleaned, coarsely grated
- ½ a red onion, peeled, coarsely grated
- 30g (¼ cup) plain/ all-purpose flour
- 2 free-range eggs, beaten
- 2 handfuls of spinach, wilted
- 4 tbsp natural yoghurt
- ½ a garlic clove, peeled, grated
- olive oil spray

1. Add the spinach, yoghurt and garlic to a blender and blitz until smooth. Set aside.
2. In a large bowl, toss together the rest of the ingredients and season well. Using a dessertspoon, spoon a heaped dessertspoon of the mixture and place in the air fryer, Repeat 3-4 more times. Cook at 180°C/350°F for 10 minutes until the cakes are golden and crispy. Repeat with the rest of the mixture.

PER POTATO CAKE:

Calories: **77,** Fat **2g,** Saturates **0.5g,** Carbohydrate **12.4g,** Sugars **2.2g,** Fibre **2.1g,** Protein **2.8g,** Salt **0.1g**

Spring pea risotto cakes

By Fern Green

Makes **6** | *Prep* **10 mins** | *Cook* **10-12 mins**

- 250g (1 cup) leftover cooked risotto (chilled)
- 50g (¼ cup) fresh peas, cooked
- 80g (2¾oz) mozzarella, chopped
- 180g (2 cups) panko breadcrumbs
- olive oil spray
- 1½ tbsp Parmesan, grated
- 1 tbsp chopped flat-leaf parsley
- salt, to taste

1. Mix the leftover risotto with the peas. Using an ice scream scoop or a large spoon, roll 6 large scoops of the risotto into balls and place on a tray. Make a hole in the centre and stuff each one with mozzarella.
2. Place the breadcrumbs in a bowl or on a plate, then roll the balls in the breadcrumbs, making sure they are fully coated.
3. Place in the air fryer basket and spray with oil. Cook at 180°C/350°F for 10-12 minutes, flipping halfway through.
4. Carefully remove the cakes from the air fryer and serve with grated Parmesan and parsley. Season to taste.

PER RISOTTO CAKE:

Calories: **320,** Fat **3.4g,** Saturates **0.7g,** Carbohydrate **57.6g,** Sugars **2.5g,** Fibre **3g,** Protein **13.2g,** Salt **0.5g**

Taco Tuesday prawn tacos

By Sam & Dom Milner

Makes **4** | *Prep* **10 mins** | *Cook* **9 mins**

1 lime

225g (8oz) peeled raw frozen king prawns/shrimp

½ a small red onion

¼ of a medium red cabbage

1 spring onion/scallion

1 large avocado

1 tbsp salsa

1 tsp ground cumin

2 tsp taco seasoning

1 tsp sweet paprika

a pinch of cayenne pepper

8 small corn tacos, or 4 tortilla wraps

salt and freshly ground black pepper

FOR THE AVOCADO CREMA

1 avocado

finely grated zest and juice of 1 lime

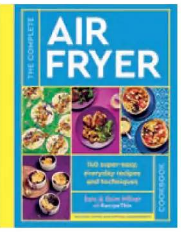
55g (¼ cup) cream cheese

1 tsp dried coriander/cilantro

1 tsp garlic purée/paste

1. Cut the lime into wedges. Load the frozen prawns into the air fryer basket along with the lime wedges and air fry at 180°C/360°F for 6 minutes.
2. Meanwhile, peel and dice the red onion. Wash and shred the red cabbage. Clean and slice the spring onion. Peel and slice the avocado.
3. When the air fryer beeps, remove the almost-cooked prawns and put them into a bowl with the salsa, cumin, taco seasoning, sweet paprika and cayenne. Season with salt and pepper and mix with a spoon.
4. Tip the prawns back into the air fryer and air fry for a further 3 minutes or until the prawns are cooked.
5. Make the avocado crema. Halve the avocado and remove the stone/pit, then peel and roughly chop it. Add it to a blender with all the other ingredients and pulse until smooth.
6. Spread the avocado crema over the tacos and add a spoonful of prawns. Top with sliced avocado and a drizzle more crema, then cover with red cabbage and spring onion and serve.

Recipe taken from *The Complete Airfryer Cookbook* by *Sam & Dom Milner,* published by White Lion Publishing, £20.



PER TACO:
Calories: **322,** Fat **15g,** Saturates **4.4g,** Carbohydrate **34.6g,** Sugars **4.4g,** Fibre **5.6g,** Protein **15.3g,** Salt **1.1g**

Sweet potato and halloumi fries

By The North Carolina Sweet Potato Commission
(*www.sweetpotatoes-usa.com*)

Serves **4** | *Prep* **10 mins** | *Cook* **9-10 mins**

- 2 medium sweet potatoes
- 250g (9oz) halloumi cheese
- 100g (½ cup + 2 tbsp) plain/all-purpose flour
- 1 tsp salt
- ¼ tsp black pepper
- ¼ tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp onion powder
- 1 tsp garlic powder
- cooking oil spray

FOR THE CHILLI DIP

- 150g (½ cup) Greek yoghurt
- 3 tbsp sweet chilli sauce
- 1 tbsp lime juice
- ¼ tsp garlic powder
- 1 tsp chopped fresh coriander
- salt and freshly ground black pepper

1. Preheat the air fryer to 200°C/400°F.
2. Mix all of the chilli dip ingredients in a bowl until combined, then set aside.
3. In a bowl, combine the plain flour, salt, pepper, paprika, cayenne pepper, onion powder and garlic powder and mix well.
4. Slice the ends off each sweet potato and cut into fries, then place the block of halloumi on a cutting board and slice into 0.5-1cm (¼-½in) thick fries.
5. Toss the halloumi and sweet potato fries in the flour mixture until covered, then place in a single layer in the air fryer.
6. Spray the tops of the fries with oil, then air fry for 9-10 minutes. Serve with the chilli dip.

PER SERVING:
Calories: **467,** Fat **16.8g,** Saturates **11.8g,** Carbohydrate **57.6g,** Sugars **2.3g,** Fibre **5g,** Protein **21.4g,** Salt **1.2g**

Warm chicken salad

By Fern Green

Serves **2** | *Prep* **20 mins** *plus marinating* | *Cook* **20 mins**

- 2 tbsp olive oil, plus extra for the dressing
- 2 skinless chicken breasts
- juice of ½ a lemon
- 1 garlic clove, peeled, crushed
- 375g (13oz) Brussels sprouts, shaved
- a handful of bitter leaves, like radicchio/endive
- ½ an avocado, pitted, skinned and cut into chunks
- ½ a cucumber, cut into chunks
- 2 spring onions/scallions, finely sliced
- 25g (1oz) Parmesan cheese, finely shaved
- 2 pitted dates, finely chopped
- 1 tbsp apple cider vinegar

1. Slice the chicken breasts into 3 lengthways, then marinade in a bowl with the lemon juice, garlic and a little olive oil for 15 minutes. Toss the shaved Brussels sprouts in oil, and place in the air fryer. Cook for 5 minutes until crispy. Season, then set aside.
2. Cook the chicken in the air fryer for 10-12 minutes until cooked through and slightly golden.
3. Mix the chicken with the Brussels, avocado, leaves, cucumber, dates and spring onion and sprinkle over the Parmesan.
4. Create the dressing with 3 parts olive oil to one part apple cider vinegar and drizzle over the top.

PER SERVING:
Calories: **585,** Fat **30.1g,** Saturates **5.8g,** Carbohydrate **31.7g,** Sugars **11.8g,** Fibre **11.2g,** Protein **52.4g,** Salt **0.3g**

Asparagus, ricotta and courgette puff rolls

By Fern Green

Makes **6** | *Prep* **10 mins** | *Cook* **18 mins**

- 375g (13oz) ready-rolled puff pastry
- 180g (6oz) asparagus spears, woody ends trimmed
- 125g (4½oz) ricotta
- 1 free-range egg, beaten
- 80g (⅓ cup) Parmesan, grated
- ½ a courgette/zucchini, grated
- salt and freshly ground black pepper
- 1 tsp finely grated lemon zest
- 1 tbsp milk
- olive oil spray

1. In a bowl, combine the ricotta, lemon zest, egg, Parmesan, grated courgette and salt and pepper.
2. Unroll the puff pastry sheet and cut into 6 equal pieces, almost square. Spoon 1 tbsp of the ricotta mixture into the middle of each square. Using the back of the spoon, spread the mixture over the entire square.
3. Lay 3-5 asparagus spears on each square. Lift one corner of the pastry and wrap it over the asparagus. Brush gently with a touch of milk, then lift the opposite corner and wrap it over the first, creating a little bundle. The milk should help it stick. Brush the top with milk, then repeat with the remaining pieces.
4. Place each bundle into the air fryer. Depending on how big your fryer is, you may need to do 2-3 at a time. Cook the batch at 200°C/400°F for 12 minutes then, as your air fryer has heated up, the rest will take 8 minutes for golden brown.

PER ROLL:
Calories: **474,** Fat **30.3g,** Saturates **8.8g,** Carbohydrate **36g,** Sugars **1.5g,** Fibre **1.g,** Protein **14.8g,** Salt **0.5g**

Jersey Royal Cheddar cakes with pickled red onions

By Fern Green

Makes **10-12** | *Prep* **10 mins** | *Cook* **25 mins**

- 600g (1lb 4oz) Jersey Royal potatoes
- 120g (1 cup) mature Cheddar, grated
- 2 tbsp unsalted butter
- 1 tbsp Dijon mustard
- 4 spring/green onions, finely sliced
- plain/all-purpose flour, for dusting
- olive oil spray
- salt and freshly ground black pepper
- crispy green salad, to serve

FOR THE PICKLED ONION

- 1 red onion, peeled, finely sliced
- 3 tbsp rice wine vinegar
- 1 tbsp honey

1. Create the picked onion by mixing all the ingredients together.
2. Place the potatoes in the air fryer at 180°C/350°F, spray with oil and cook for 15 minutes. Once cooked, allow to cool slightly.
3. Grate the potato into a bowl – this will help the skin come off to discard it. Once grated, add the Cheddar, butter, mustard and spring onions. Season generously and give it a good stir to combine.
4. Create 10-12 cakes using the palm of your hand, then dust with flour. Lay 4-5 in the air fryer, making sure they have space between them. Spray with olive oil and cook for 5 minutes. Flip, spray with olive oil, then cook for a further 5 minutes until golden.
5. Serve with a crispy green salad and the pickled onions.

PER POTATO CAKE:

Calories: **124,** Fat **6.5g,** Saturates **3.5g,** Carbohydrate **13g,** Sugars **2.6g,** Fibre **1.4g,** Protein **3.9g,** Salt **0.2g**

Purple sprouting broccoli tart

By Fern Green

Serves **3-4** | *Prep* **10 mins** | *Cook* **25-30 mins**

- 2 sheets of readymade short crust pastry, just thawed
- 1 tbsp olive oil
- 4 purple sprouting broccoli florets, halved
- 5 tbsp cream cheese
- 2 tbsp sour cream
- 25g (1oz) grated Cheddar
- 2 large free-range eggs
- a handful of chopped herbs
- freshly ground black pepper

1. Blanch the broccoli in boiling water for 1 minute, then place in cold water immediately afterwards.
2. Place one sheet of pastry on a lightly floured surface. Top with the other sheet, sprinkle with flour and roll out 3mm thick. Ease into an 18cm (7in) prepared tart tin, gently pushing the pastry against the tin and trimming off any excess. Line the pastry case with baking paper and fill with dried beans or rice to weigh it down.
3. Place in the basket of the air fryer and cook at 180°C/350°F for 6 minutes. Remove the baking paper and cook for a further 2 minutes.
4. In a bowl, combine the herbs, cream cheese, sour cream, Cheddar and the eggs, then pour into the tart case. Place the broccoli on top and cook at 170°C/340°F for 10-12 minutes.
5. Season with black pepper and allow to cool for 5 minutes before serving. Sprinkle with herbs to serve.

PER SERVING:

Calories: **564,** Fat **41g,** Saturates **12.9g,** Carbohydrate **25.9g,** Sugars **1.9g,** Fibre **1.8g,** Protein **22.4g,** Salt **0.6g**

Sweet chilli chicken meatball banh mi

By Donna Hay

Serves **4** | *Prep* **15 mins** | *Cook* **8 mins**

700g (1lb 9oz) chicken mince

140g (2 cups) fresh breadcrumbs

13g (¼ cup) chopped coriander/cilantro leaves

60ml (¼ cup) sweet chilli sauce, plus extra to serve

2 tbsp finely grated ginger

2 tsp finely grated lime rind

sea salt flakes

100g (¾ cup) sesame seeds, for rolling

extra-virgin olive oil, for brushing

fresh baguettes, mayonnaise, sliced cucumber, sliced carrot, coriander/cilantro leaves, sliced long red chilli and lime wedges, to serve

1 Combine the chicken, breadcrumbs, coriander, chilli sauce, ginger, lime rind and salt and mix well to combine.

2 Place the sesame seeds in a shallow bowl.

3 Shape the mixture into 12 meatballs and roll each meatball in the sesame seeds until coated.

4 Preheat air fryer to 200°C/400°F for 4 minutes.

5 Brush the hot basket with oil. In batches, add the chicken meatballs to the basket and brush with extra oil. Cook for 8 minutes or until cooked through.

6 To assemble, spread the baguettes with mayonnaise. Top with cucumber, carrot, meatballs, coriander and chilli, then serve with a drizzle of extra sweet chilli and lime wedges.

***TIP:** To ensure your meatballs are light, fluffy and super easy to roll, be sure to mix them for at least 3 minutes to allow the protein in the chicken to bind all the ingredients together.*

PER SERVING:

Calories: **631,** Fat **32.6g,** Saturates **6.9g,** Carbohydrate **43.9g,** Sugars **6.1g,** Fibre **6g,** Protein **42.8g,** Salt **0.9g**

donna hay
too easy

Recipe taken from *Too Easy* by *Donna Hay*, photography by *Con Poulos*, styling by *Donna Hay*, published by Fourth Estate, £22.

Lemon herb chicken kebabs

By Just Spices (www.justspices.co.uk)

Serves **4** | *Prep* **15 mins** *plus marinating* | *Cook* **20-30 mins** *per batch*

2 tsp Just Spices Lemon Herb Chicken Mix
4 chicken breasts
60ml freshly squeezed lemon juice
2 tbsp olive oil

1. Cut the chicken breasts into pieces about 3cm (1in).
2. In a small bowl, whisk together the lemon juice, olive oil and herb mix.
3. Place the chicken breast pieces in a freezer bag or airtight container, then pour the marinade over the chicken, making sure the pieces are evenly covered. Seal the bag or container and marinate in the fridge for at least 2 hours.
4. Remove the chicken from the marinade and drain off any excess, then stick 3-4 pieces of chicken onto each skewer. Preheat the air fryer to 180°C/360°F.
5. Place the skewers in the air fryer basket, ensuring they're not overcrowded, then cook for 10-15 minutes per side. You may need to cook these in batches depending on the size of your air fryer.
6. Leave the chicken to rest for a few minutes before serving.

PER SERVING:

Calories: **589,** Fat **33.6g,** Saturates **8.7g,** Carbohydrate **6g,** Sugars **1.3g,** Fibre **1.2g,** Protein **61g,** Salt **0.8g**

Roasted squash medley

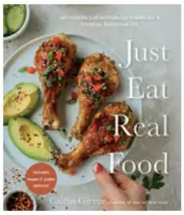
By Caitlin Greene

Serves **6** | *Prep* **10 mins** | *Cook* **15 mins**

1.1kg (2½lbs) winter squash, peeled unless butternut, seeded and cut into small 1.3-1.9cm (½-¾in) cubes
3 tbsp coconut oil, melted
1 tbsp coconut aminos
¾ tsp salt
1 tsp pumpkin pie spice
¼ tsp freshly ground black pepper
½ tsp onion powder
2 tsp coconut sugar, divided
crushed walnuts or pecans, for serving (optional, omit for nut-free)

1. Preheat the air fryer to 190°C/390°F.
2. In a large bowl, combine the squash cubes with the melted oil. Add the coconut aminos, salt, pumpkin pie spice, pepper, onion powder and 1 tsp coconut sugar, then toss again.
3. Spread the squash evenly in the air fryer; do not overcrowd, then air fry (in batches if need be) for 10 minutes, then sprinkle over the second teaspoon of coconut sugar and toss. Air fry for 2-3 more minutes, or until browned.
4. To serve, add some crushed walnuts or pecans (if using).

Recipe taken from *Just Eat Real Food by Caitlin Greene* published by Page Street Publishing, £16.99



PER SERVING:

Calories: **131,** Fat **10.8g,** Saturates **7.4g,** Carbohydrate **8.8g,** Sugars **5g,** Fibre **2.3g,** Protein **3g,** Salt **0.3g**

Vegan maple mac ‘n’ cheese

By Maple From Canada (www.maplefromcanada.co.uk)

Serves **6** | *Prep* **20 mins** | *Cook* **28 mins**

- 350g (2 cups) macaroni pasta

FOR THE VEGAN CHEESE SAUCE

- 1 large onion, peeled, diced
- 1 ltr (4 cups) unsweetened soya/oat milk
- 80g (⅓ cup) dairy-free margarine
- 100g (¾ cup) plain/all-purpose flour
- 2 tsp English mustard
- 2 tbsp pure maple syrup (preferably amber syrup for its rich taste)
- 1 tbsp yeast extract
- 100g (1¼ cups) vegan cheese, grated
- sea salt and freshly ground black pepper
- 100g (1 cup) natural breadcrumbs

1. Preheat the air fryer to 160°C/330°F.
2. Cook the macaroni as per the packet instructions. Drain when cooked and set aside.
3. In a pan, heat the milk and poach the onions slowly for 5 minutes. Bring to the boil, remove from the heat, then pass the milk through a sieve. Discard the onions and set aside.
4. In another pan, melt the margarine, then stir in the flour until it forms a thick paste. Add the warm milk, stirring all the time until smooth, then simmer for 10 minutes to cook out the flour.
5. Stir in the mustard, maple syrup, yeast extract and grated cheese.
6. Add the macaroni to the sauce and stir fully to combine, then season with sea salt and black pepper.
7. Transfer the mixture to a large air fryer dish or six individual pots suitable for an air fryer.
8. Top with breadcrumbs, then cook in the air fryer for 28 minutes until bubbling and the breadcrumbs are browned and crispy. Leave to stand for a few minutes before serving.

PER SERVING:

Calories: **381,** Fat **18.4g,** Saturates **4.3g,** Carbohydrate **42g,** Sugars **12.8g,** Fibre **3.1g,** Protein **12.4g,** Salt **0.45g**

The ultimate doner kebab fakeaway

By Sam and Dom Milner

Serves **4** | *Prep* **10 mins** | *Cook* **50 mins**

900g (2lb) lean minced/ground lamb

4 flatbreads

FOR THE DONER SEASONING

1 tbsp dried oregano

1 tbsp dried thyme

1 tbsp mixed herbs/ Italian seasoning

1 tbsp dried coriander/cilantro

1 tbsp ground cumin

1 tbsp sweet paprika

1 tsp onion powder

1 tsp cayenne pepper

salt and freshly ground black pepper

FOR THE GARLIC SAUCE

240ml (1 cup) fat-free Greek yoghurt

1 garlic clove, peeled, minced

1 tsp dried parsley

FOR THE KEBAB SALAD

2 medium tomatoes

¼ of a cucumber

¼ of a white onion, peeled

a small chunk of red cabbage

1 Combine all the doner kebab seasoning ingredients in a bowl, add a good amount of salt and pepper, then mix well.

2 Add the lamb to the bowl and mix well with your hands, then form the mixture into a log the shape of a meatloaf.

3 Lay a large sheet of foil (big enough to wrap the kebab in) out on the work surface. Place the doner loaf in the centre and wrap tightly with the foil. Place in the air fryer basket/ drawer, with the foil seal up. Set the temperature to 160°C/320°F and cook for 25 minutes.

4 When the air fryer beeps, open up the foil carefully to create a layer of foil in the bottom of the air fryer which will hold the juices, but expose the meat. Increase the temperature to 180°C/360°F and air fry for a further 25 minutes, or until the lamb is fully cooked.

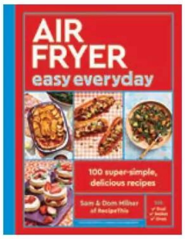
5 Meanwhile, mix the garlic sauce ingredients together in a small bowl, then set aside.

6 For the salad, slice the tomatoes and cucumber and finely slice the onion. Shred the cabbage and sprinkle over a platter.

7 When the doner meat is cooked, allow it to rest for 30 minutes, then it will slice better, like true doner meat. Meanwhile, air fry the flatbreads until warm and a little puffy.

8 Once the doner meat has rested, slice into thin slices or use a vegetable peeler for a perfect slice. Serve the doner meat with salad, warm flatbread and garlic sauce.

Recipe taken from *Air Fryer Easy Every Day: 140 super-simple delicious recipes* by *Sam and Dom Milner*, published by White Lion Publishing, £20.


AIR FRYER
easy everyday
100 super-simple, delicious recipes
Sam & Dom Milner of RecipeThis

PER SERVING:
Calories: **637,** Fat **33.3g,** Saturates **11.6g,** Carbohydrate **27.5g,** Sugars **4.6g,** Fibre **2.6g,** Protein **58g,** Salt **0.7g**

Crispy sweet potato skins with bacon and cheese

By The North Carolina Sweet Potato Commission (www.sweetpotatoes-usa.com)

Serves **4** | *Prep* **20 mins** | *Cook* **40 mins**

FOR THE CRISPY SWEET POTATOES

- 4 Covington (or other) sweet potatoes
- cooking oil spray
- ¼ tsp salt
- 6 streaky bacon rashers, cooked and crumbled
- 100g (3½oz) Cheddar cheese
- 3 tbsp Parmesan, grated
- 1 tsp chopped chives

FOR THE SPICY HERB SOUR CREAM SAUCE

- 300ml (1¼ cups) sour cream
- 2 tsp dried chives
- 1 tsp dried parsley
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp cayenne pepper

1. Preheat the air fryer to 180°C/350°F.
2. Mix all the ingredients for the spicy herb sour cream sauce together, then cover and place in the fridge.
3. Cover the sweet potatoes in oil and sprinkle with salt, then air fry for 20 minutes or until tender. Leave to cool a little.
4. Once the sweet potatoes are cool enough to handle, slice in half lengthwise. Using a spoon, scoop out most of the flesh, being careful not to break the halves.
5. Spray the skins with oil spray once again, then air fry for 10-12 minutes or until they begin to brown and crisp.
6. Fill the crispy skins with Cheddar and Parmesan and top with the crumbled bacon.
7. Air fry again for 5-6 minutes or until the cheese is completely melted.
8. Top with chives and serve with the sour cream sauce.

PER SERVING:

Calories: **445,** Fat **19.9g,** Saturates **9.4g,** Carbohydrate **48.3g,** Sugars **1.1g,** Fibre **6.2g,** Protein **18.7g,** Salt **1g**

No-stir spring risotto

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **30 mins**

- 125g (1 cup plus 1 tbsp) risotto rice
- 1 vegetable or chicken stock/bouillon cube
- 1 courgette/zucchini, diced
- 125g (4½oz) asparagus, cut into 4cm (2in) lengths, woody ends removed
- 60g (¼ cup) frozen or fresh peas
- a knob of butter
- 5 spring/green onions, finely sliced
- 1 garlic clove, peeled, grated
- finely grated zest and juice of 1 lemon
- 2 tbsp Parmesan or pecorino, plus extra for serving
- freshly ground black pepper

1. Bring a kettle to the boil, then add 450ml (just under 2 cups) boiling water to the stock cube.
2. Place the risotto rice, garlic and spring onions in a small baking tray or cake tin and pour over the stock. Cover the tray with foil, then bake in the air fryer at 180°C/350°F for 10 minutes.
3. Lift the foil off carefully and add the courgette and asparagus. Cover and cook for a further 15 minutes.
4. Add the peas, a knob of butter, the lemon zest and juice and Parmesan. Cook for a further 3 minutes until the peas are cooked through. Season with plenty of black pepper and serve with extra Parmesan.

PER SERVING:

Calories: **403,** Fat **9.5g,** Saturates **5.7g,** Carbohydrate **66.7g,** Sugars **4.9g,** Fibre **4.8g,** Protein **13.4g,** Salt **0.3g**

Herby lamb chops

By Fern Green

Serves **2** | *Prep* **10 mins** *plus marinating* | *Cook* **10 mins**

- 1 tsp rosemary, chopped
- 1 tsp thyme leaves
- ½ tsp dried oregano
- 1 tsp ground coriander
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 4 lamb chops

1. In a bowl, mix all the herbs, oil and lemon juice together. Add the lamb chops and coat with the marinade. Place in the fridge for 1 hour, then bring back up to room temperature 20 minutes before cooking.
2. Turn the air fryer on for 5 minutes to heat up to 180°C/350°F, then place all four lamb chops in the fryer and cook for 7 minutes for medium rare. Flip halfway through cooking.

PER SERVING:

Calories: **418,** Fat **27.6g,** Saturates **7.5g,** Carbohydrate **3.4g,** Sugars **0.5g,** Fibre **1.5g,** Protein **40.4g,** Salt **0.2g**

Mediterranean lamb with cauliflower couscous and feta nuggets

By Aldi (www.aldi.co.uk)

Serves **4** | *Prep* **30 mins** | *Cook* **50 mins**

FOR THE ROAST LAMB

half a leg of lamb, approx 1kg (2lb 2oz)
2 garlic cloves
1 tbsp olive oil
1 tsp dried oregano

FOR THE COUSCOUS

1 cauliflower
1 red onion, peeled, chopped
1 tbsp vegetable oil
juice of 1 lemon
100g (3½oz) sachet of Moroccan Medley Couscous
80g (½ cup) pomegranate seeds

FOR THE FETA NUGGETS AND RIATA

200g (7oz) block of feta
30g (¼ cup) plain/all-purpose flour
½ tsp paprika
1 large free-range egg
80g (1 cup) fresh breadcrumbs
½ tsp garlic granules
1 tsp dried oregano
sea salt and freshly ground black pepper
¼ of a cucumber
100g (½ cup) Greek yoghurt
½ tsp mint sauce

1. Preheat the air fryer to 200°C/400°F.
2. Cut 4 slits in the top of the lamb. Peel the garlic and cut in half lengthways, then place into each slit in the lamb. Rub the lamb with olive oil and sprinkle over the oregano, then cook in the air fryer for 10 minutes.
3. Lower the heat to 180°C/350°F and cook for a further 30 minutes. Remove from the air fryer and allow to rest for 20 minutes.
4. For the couscous, chop the cauliflower into small chunks, then whizz in a food processor until it resembles breadcrumbs.
5. Put the cauliflower, red onion and oil into a large frying pan or wok and fry for 4-5 minutes, then add the lemon juice and cook a further couple of minutes.
6. Meanwhile, cook the Moroccan couscous as per the packet instructions, then add to the cauliflower and mix well. Sprinkle over the pomegranate seeds.
7. For the nuggets, sieve the flour into a bowl, add the paprika and season with salt and pepper. Crack the egg into another bowl and whisk well. Add the breadcrumbs to a third bowl, then add the oregano and garlic granules and mix well.
8. Drain any liquid from the feta, then cut into 12 chunks. Dip them first in the flour to coat, then the egg and then the breadcrumbs.
9. Cook in a single layer in the air fryer (no need to clean it after cooking the lamb) for 10 minutes.
10. For the raita, chop the cucumber into small dices, add to the yoghurt, then stir through the mint sauce.
11. Serve the lamb carved on the cauliflower couscous alongside the feta nuggets and riata.

PER SERVING:

Calories: **671,** Fat **28.4g,** Saturates **12.5g,** Carbohydrate **35.1g,** Sugars **9.3g,** Fibre **3.8g,** Protein **67.7g,** Salt **1g**

Butterflied leg of spring lamb with mint pesto

By Fern Green

Serves **4** | *Prep* **10 mins** | *Cook* **1 hr** *plus resting*

1 tbsp dried oregano
1 beef or lamb stock cube
750g (1lb 9oz) lamb, butterflied leg, bone removed
1 red onion, peeled, roughly chopped
½ a head of garlic
salt and freshly ground black pepper

FOR THE PESTO

2 handfuls of mint leaves
1 small garlic clove, peeled
25g (1oz) blanched almonds
25g (1oz) Parmesan
125ml (½ cup) extra-virgin olive oil
juice of ½ a lemon

1 Place all the pesto ingredients, apart from the lemon, into a food processor and pulse until very finely chopped into a paste. Pour into a bowl and stir through the lemon juice. Set aside.

2 Place two large pieces of foil on the work surface in a cross formation. Place the lamb in the middle and season liberally, then add the oregano and crumble the stock cube over the top. Turn the lamb over and season the other side.

3 Place the onions and garlic next to the lamb, season again, then drizzle olive oil over the top. Position the lamb on top of the onions and garlic, fat side up.

4 Wrap tightly in foil to create a small parcel. Preheat the air fryer to 180°C/350°F for 5 minutes, then place the parcel in the basket and cook for 40 minutes. Open the parcel and tuck the ends of the foil down. Flip the lamb and continue to cook for a further 15 minutes. Allow to rest, covered, for 15 minutes.

5 Serve sliced, with the pesto and onions and dizzle over any sauce the foil has collected.

PER SERVING:

Calories: **608,** Fat **44.7g,** Saturates **8.3g,** Carbohydrate **9g,** Sugars **1.7g,** Fibre **2.6g,** Protein **42.3g,** Salt **1g**

Cappuccino cupcakes

By Denise Smart

Serves **4** | *Prep* **10 mins** *plus cooling* | *Cook* **13-15 mins**

- 50g (¼ cup + 1 tbsp) self-raising flour
- 1 tbsp cocoa powder, sifted, plus extra for dusting
- 50g (¼ cup) unsalted butter, softened
- 50g (¼ cup) caster/superfine sugar
- 1 free-range egg, beaten
- 2 tsp instant coffee, dissolved in 1 tbsp boiling water

FOR THE VANILLA BUTTERCREAM

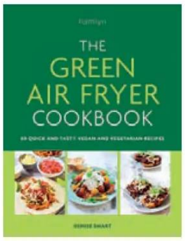
- 50g (¼ cup) unsalted butter, softened
- 150g (1¼ cups) icing/confectioner's sugar, sifted
- ½ tsp vanilla extract

1 Line 4 small cake tins or ramekins with paper muffin cases. Place all the cake ingredients in a bowl and beat with an electric whisk until combined.

2 Divide the mixture between the paper cases and level the tops. Place the tins in a preheated air fryer and cook at 160°C/325°F for 13-15 minutes, until springy to the touch. Allow to cool for a few minutes, then transfer to a wire rack to cool completely.

3 Place the butter for the icing in a bowl and gradually beat in the icing sugar a little at a time. Once all the sugar has been added, add the vanilla and beat together. Pipe or spoon the buttercream on the cakes and decorate with a dusting of cocoa powder.

Recipe taken from *The Green Air Fryer Cookbook* by *Denise Smart,* photography by William Shaw, published by Hamlyn, £16.99.



PER CUPCAKE:

Calories: **443,** Fat **22g,** Saturates **13.5g,** Carbohydrate **61.6g,** Sugars **49.5g,** Fibre **1.5g,** Protein **3.6g,** Salt **0.2g**

Hot cross bun and lemon curd pudding

By Fern Green

Serves **4** | *Prep* **10 mins** *plus soaking* | *Cook* **20 mins**

3-4 hot cross buns, halved
150ml (⅔ cup) milk
140ml (½ cup) double/heavy cream
1 free-range egg
1½ tbsp caster/superfine sugar, plus extra for dusting
1 tsp vanilla extract
60ml (¼ cup) lemon curd
1 tbsp butter, for greasing
icing sugar/powdered sugar, for dusting
ice cream, to serve (optional)

1. Grease and line an 18cm (7in) cake tin, ceramic dish or large shallow bowl that can fit in the air fryer basket.
2. Spread the lemon curd generously on the inside of each halved hot cross bun, then place them snuggly into the dish. Pack them down next to each other and cut some in half if needed to help them fit.
3. Whisk together any leftover lemon curd with the milk, double cream, egg, sugar and vanilla, then pour over the hot cross buns. Allow to soak for 15 minutes.
4. Dust with a little more caster sugar, then air fry at 180°C/350°F for 20 minutes until firm. Allow to sit for 5 minutes, then dust with icing sugar and serve with ice cream, if desired.

PER SERVING:

Calories: **399,** Fat **23.2g,** Saturates **13.4g,** Carbohydrate **40.2g,** Sugars **17.6g,** Fibre **1.4g,** Protein **17.8g,** Salt **0.3g**

Easter egg caramel brownie cake

By Fern Green

Serves **6-8** | *Prep* **10 mins** | *Cook* **25 mins**

60g (½ cup) plain/all-purpose flour
40g (½ cup) unsweetened cocoa powder
170g (¾ cup) caster/superfine sugar
115g (½ cup) unsalted butter
2 large free-range eggs
1 tbsp vegetable oil
½ tsp vanilla extract
¼ tsp salt
¼ tsp baking powder
60ml (¼ cup) salted caramel sauce
1 packet of small easter eggs

1. Line an 18cm (7in) cake tin with parchment and grease the sides.
2. Mix the flour, cocoa powder, sugar, butter, eggs, oil, vanilla, salt and baking powder together until smooth and thoroughly combined. Pour the mixture into the tin, then cook in the air fryer at 210°C/420°F for 25 minutes, until the brownie is set and a toothpick inserted into the centre comes out clean.
3. Remove from the air fryer and allow to cool slightly.
4. Before serving, break up the Easter eggs, drizzle caramel sauce over the brownie and place the eggs on top.

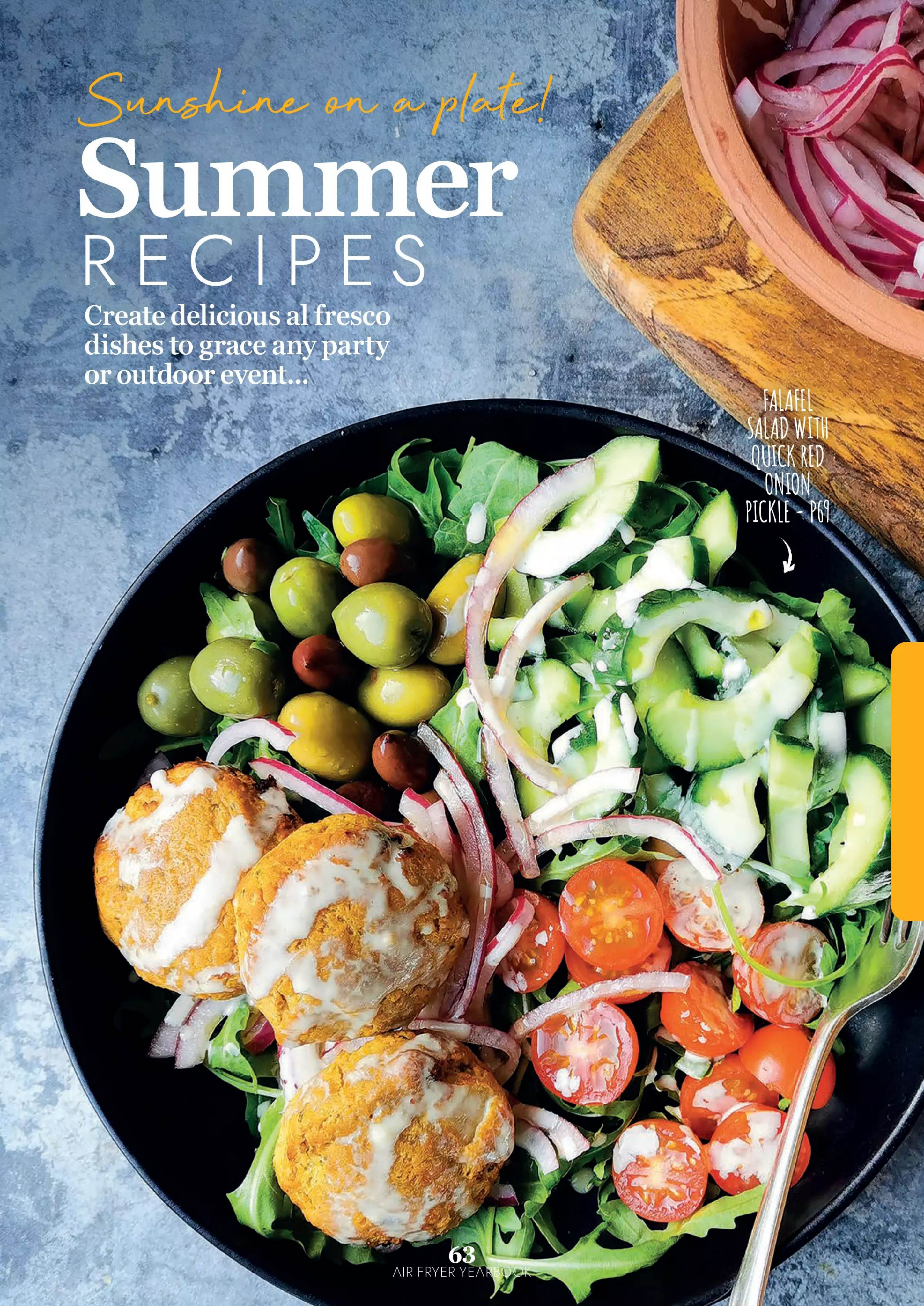
PER SERVING:

Calories: **337,** Fat **18.8g,** Saturates **11.3g,** Carbohydrate **39.4g,** Sugars **26.4g,** Fibre **3.8g**, Protein **6g,** Salt **0.1g**

Sunshine on a plate!

Summer RECIPES

Create delicious al fresco dishes to grace any party or outdoor event...



FALAFEL SALAD WITH QUICK RED ONION PICKLE - P69

Strawberry and pistachio French toast

By British Lion Eggs (www.egginfo.co.uk)

Serves **2-3** | *Prep* **10** | *Cook* **12 mins**

- 8 slices of thick brioche bread
- 150g (1 cup) fresh strawberries, sliced
- 3 large British Lion eggs
- 120ml (½ cup) milk
- 3 tbsp granulated sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ¼ tsp salt
- 30g (¼ cup) chopped pistachios
- 2 tbsp unsalted butter, melted
- 1 tbsp honey

1. Preheat the air fryer to 190°C/370°F.
2. In a shallow bowl, whisk together the eggs, milk, 2 tbsp sugar, vanilla extract, ground cinnamon and salt.
3. Dip each slice of bread into the egg mixture, making sure to coat both sides evenly.
4. Brush the air fryer basket with melted butter, then place the bread slices in the basket. You may need to work in batches, depending on the size of your air fryer.
5. Air fry the bread for 5-6 minutes on each side, or until golden brown and crispy.
6. Meanwhile, prepare the pistachio crumble. In a small bowl, mix together the chopped pistachios and the remaining sugar.
7. Once the French toast is cooked, transfer it to a serving platter. Top with sliced strawberries and a sprinkle of the pistachio crumble. Add honey for extra sweetness.

PER SERVING:

Calories: **669,** Fat **26.5g,** Saturates **9.2g,** Carbohydrate **85.4g,** Sugars **34.4g,** Fibre **5.2g,** Protein **22.5g,** Salt **0.7g**

Banana bread

By Doves Farm (www.dovesfarm.co.uk)

Serves **6** | *Prep* **15 mins** | *Cook* **30 mins**

- 1 banana, peeled
- 100g (2 cups) brown sugar
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 1 free-range egg
- 50ml (¼ cup) oil, plus extra for greasing
- 125g (1 cup) Doves Farm Organic Self Raising Wholemeal Flour

1. Select a 500g (1lb) tin or silicone mould that fits into your air fryer comfortably and rub oil around the inside or insert a baking liner. Preheat the air fryer to 160°C/320°F.
2. Mash the banana in a mixing bowl. Add the sugar, cinnamon and vanilla extract and mash again to combine.
3. Break the egg into the bowl and mix well. Add the oil and beat to incorporate.
4. Measure the flour into the bowl and stir until fully combined, then pour the mixture into the tin or mould. Quickly open the air fryer, put the cake inside and bake for 30 minutes.
5. At the end of cooking, leave to cool inside the machine for 15 minutes, then remove and allow to stand for 5 minutes before turning the cake out onto a wire rack to cool.

PER SERVING:

Calories: **290**, Fat **12.5g**, Saturates **2.6g**, Carbohydrate **37.3g**, Sugars **18.8g**, Fibre **1.2g**, Protein **7.5g**, Salt **0.1g**

BBQ chicken fajita skewers

By The Groovy Food Company (www.groovyfood.co.uk)

Serves **4** | *Prep* **15** *plus marinating* | *Cook* **10 mins**

- juice of 2 limes, plus wedges to serve
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 2 tsp The Groovy Food Company Organic Butter Flavour Cooking Spray
- 2 garlic cloves, peeled, crushed or finely grated
- 4 chicken breasts
- 3 mixed coloured peppers
- 1 red onion, peeled, chopped into large pieces

FOR THE GUACAMOLE

- 2 ripe avocados
- 1 lime
- 6 cherry tomatoes, halved

TO SERVE

- warmed tortillas
- chopped coriander
- grated cheese
- sour cream or yoghurt
- chilli sauce or fresh chillies, depending on your heat preference

1 For the marinade, mix together the lime juice, oregano, spices, cooking spray and garlic. Dice the chicken breasts and stir though the marinade, then set aside. Deseed the peppers and chop into slices, then peel and slice the onion.

2 Carefully thread alternate pieces of chicken, peppers and onion onto skewers. Smaller children might find this a little hard, so the best way is to stab the ingredients and push them up the skewers. When you've used up all the ingredients, set aside. These can be made several hours ahead and chilled until ready to cook.

3 For the guacamole, peel and de-stone the avocados, then smash together in a bowl along with the other guac ingredients.

4 Preheat the air fryer to 180°C/360°F, then cook the skewers for about 10 minutes, turning regularly until cooked through. Serve the cooked skewers on warmed tortillas with the guac, cheese, coriander, sour cream and chillies if you're after some heat.

PER SERVING:

Calories: **793,** Fat **39.8g,** Saturates **9.8g,** Carbohydrate **40.1g,** Sugars **8.4g,** Fibre **7.9g,** Protein **67g,** Salt **0.5g**

Easy sausage rolls

By Easy Peasy Baking campaign (www.fabflour.co.uk)

Makes **12** | *Prep* **15 mins** | *Cook* **20 mins** *per batch*

- 200g (1½ cups) plain/all-purpose flour
- 100g (½ cup) unsalted butter
- 2 tbsp cold water
- 6 sausages (any variety – vegetarian work too)
- 1 free-range egg
- sesame seeds (optional)
- flaky sea salt

1. Preheat the air fryer to 200°C/400°F.
2. In a large mixing bowl, rub the flour and butter together between your fingertips until a crumb consistency is achieved. Add the cold water and mix everything together to form a smooth ball of dough. Turn the dough out onto a lightly floured surface and roll into a large 5mm (¼in) rectangle. Trim the edges so that they are straight.
3. Beat the egg in a small dish or mug, then set aside.
4. Place one of the sausages onto the pastry, at the edge and at the bottom. Cut the pastry so that it is the same width as the sausage. Roll the sausage up in the pastry, allowing a little overlap, trimming and brushing with a little egg wash to seal. Cut the sausage roll in half lengthways, score the top lightly and set aside. Repeat with the remaining sausages so that you end up with 12 sausage rolls.
5. To bake immediately, brush the sausage rolls all over with the egg wash and sprinkle with sesame seeds and flaky salt, if using.
6. Place in the air fryer a few at a time and cook for 20 minutes. They should be golden brown on top and the sausage cooked through.

TIP: ***If you want to freeze the sausage rolls to bake as and when, pop them all into an airtight sandwich bag or tupperware and pop in the freezer. If cooking from frozen, do not preheat the air fryer. Place the sausage rolls straight in the basket and cook at 200°C/400°F for 30 minutes, again, checking the sausage is cooked through before serving.***

PER SAUSAGE ROLL:

Calories: **153,** Fat **8.7g,** Saturates **3.6g,** Carbohydrate **14.2g,** Sugars **trace,** Fibre **1g,** Protein **5.2g,** Salt **0.2g**

Roasted sweetcorn with garlic herb butter

By Phillips (www.johnlewis.com)

Serves **2** | *Prep* **5 mins** | *Cook* **12 mins**

- 1 corn on the cob
- ½ tbsp olive oil
- 3 garlic cloves
- parsley
- chives
- 1½ tbsp butter
- a pinch of freshly ground black pepper
- 2 pinches of sea salt flakes

1. Cut the corn into four or five pieces and brush with olive oil.
2. Place the pieces of corn with the garlic (in the skin) into the air fryer basket and cook at 200°C/400°F for 12 minutes.
3. Meanwhile, finely chop the parsley and chives.
4. Put the fried corn into a bowl. Press the garlic out of the skin with a fork and add to the bowl with the butter and chopped herbs. Stir well to let the butter melt and coat the corn. Serve with freshly ground black pepper and sea salt.

PER SERVING:

Calories: **194,** Fat **12.9g,** Saturates **5.9g,** Carbohydrate **20.2g,** Sugars **6.3g,** Fibre **2.1g,** Protein **3.6g,** Salt **0.5g**

Garlic prawns

By Phillips (www.johnlewis.com)

Serves **2** | *Prep* **10 mins** *plus marinating* | *Cook* **15 mins**

- 40g (1½oz) farmhouse bread
- 1½ tbsp melted butter
- 2 garlic cloves
- 200g (7oz) prawns/shrimp, medium-sized, peeled
- 1½ tsp freshly squeezed lemon juice
- a pinch of salt
- a handful of parsley, finely chopped

1. Blend the bread into breadcrumbs in a food processor, then transfer to a bowl and mix in the melted butter.
2. Peel and mince the garlic cloves. Add the prawns, minced garlic, lemon juice and salt to a bowl and mix well. Set aside for a few minutes to marinate. Transfer the prawns, together with the remaining marinade, to the air fryer basket. Add the buttered breadcrumbs and mix.
3. Place the basket into the air fryer and cook at 200°C/400°F for 15 minutes, shaking the basket halfway through cooking.
4. Serve the garlic prawns with finely chopped parsley.

PER SERVING:

Calories: **237,** Fat **11.4g,** Saturates **6.7g,** Carbohydrate **12.1g,** Sugars **1.5g,** Fibre **0.9g,** Protein **6.7g,** Salt **0.5g**

Spinach and feta parcels with cucumber yoghurt dip

By Lakeland (www.lakeland.co.uk)

Serves **2** | *Prep* **20 mins** | *Cook* **5 mins**

- a splash of olive oil
- 125g (4½oz) filo pastry
- 2 spring onions/scallions, thinly sliced
- 1 garlic clove, peeled, minced
- 100g (3½oz) feta, crumbled
- 200g (7oz) spinach, finely chopped
- 1 free-range egg, beaten
- a pinch of salt (for the parcels)
- ½ a cucumber, grated
- juice of ½ a lemon
- 500g (1lb 1oz) fresh mint, finely chopped
- salt and freshly ground black pepper
- 3 tbsp Greek yoghurt

1. Start by making the filling for your parcels. Add the spinach to a pan with a splash of olive oil and cook on a low heat for 3 minutes, or until softened, stirring frequently.
2. Meanwhile, combine the spring onions, garlic, feta, beaten egg and a pinch of salt in a bowl and mix well.
3. When the spinach has wilted down, remove from the heat and allow to cool. Once cool, squeeze the spinach with your hands to remove as much excess water as possible – this will ensure the parcels aren't soggy. Add the wilted spinach to the rest of the parcel filling mixture and combine.
4. For the parcels, lay 1 sheet of filo pastry out flat on a work surface and brush with olive oil. Place another sheet of filo directly on top, then cut lengthways to divide the sheets into 3 long strips. Add a spoonful of the spinach and feta mixture to the bottom of one pastry strip and fold to create a triangle shape.
5. Continue folding like a zig zag until you reach the top of the pastry strip and all the mixture is nicely sealed inside the triangle. Use a little more oil to seal if required. Repeat this step with the remaining filo pastry sheets until the spinach and feta filling is used up.
6. Brush the parcels with a little oil and place in the air fryer drawer or basket, then cook at 200°C/400°F for 3 minutes until golden brown, flipping halfway through.
7. Meanwhile, combine the cucumber, lemon juice, mint, black pepper and a pinch of salt in a large bowl with the Greek yoghurt.
8. Serve the parcels alongside the dip and enjoy!

PER SERVING:

Calories: **686,** Fat **46.7g,** Saturates **17.4g,** Carbohydrate **37.4g,** Sugars **4.6g,** Fibre **3.5g,** Protein **30.2g,** Salt **1g**

Falafel salad with quick red onion pickle

By Fern Green

Serves **2-4** | *Prep* **15 mins** | *Cook* **14 mins**

- 1 tin of chickpeas, rinsed and drained
- 1 garlic clove, peeled
- 1 shallot/scallion, peeled, chopped
- 1½ tbsp plain/all-purpose flour
- 1 tbsp sesame seeds
- 1 tsp ground cumin
- 2 handfuls of rocket
- 6 cherry tomatoes, sliced
- ¼ of a cucumber, seeds removed, sliced
- 2 tbsp olives
- ½ a red onion, peeled, sliced
- 3 tbsp rice vinegar
- 1 tbsp honey
- cooking spray oil

FOR THE TAHINI DRESSING

- 3 tbsp tahini
- 1 tbsp natural yoghurt
- juice of ½ a lemon

1. Place the chickpeas, garlic, shallots, rocket, flour, seeds and cumin into a food processor and pulse until the mixture comes together. Shape the mixture into 1 tablespoon-sized discs, about 2cm (¾in) thick. Repeat until all the mixture is used, making 10-12 discs.
2. Place the discs in the air fryer and spray with oil. Bake at 180°C/350°F for 8 minutes, flip, then cook for a further 6 minutes until golden and crispy.
3. Meanwhile, place the red onion in a bowl, add the vinegar and honey and stir. Set aside for a few minutes.
4. Whisk the tahini dressing ingredients together with 2 tbsp warm water.
5. Assemble the salad ingredients in a bowl. Add a few spoonfuls of pickled onion, lay the falafel on top and drizzle with tahini dressing.

PER SERVING:

Calories: **469,** Fat **21.2g,** Saturates **2.9g,** Carbohydrate **55.2g,** Sugars **13.2g,** Fibre **14.1g,** Protein **17.2g,** Salt **0.2g**

Scotch eggs

By Hayley Dean

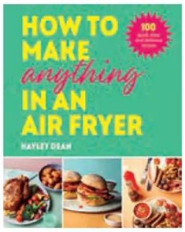
Makes **4** | *Prep* **15 mins** | *Cook* **15 mins**

- 4 free-range eggs with golden yolks
- 350g (12oz) pork sausagemeat (or 5 thick pork sausages with skins removed)
- ½ tsp garlic paste
- ½ tsp garlic powder
- 2 tbsp plain/all-purpose flour
- 1 free-range egg
- 80g (½ cup) panko breadcrumbs
- salt and freshly ground black pepper
- non-stick spray oil
- your favourite mustard, to serve (optional)

1. Start by soft boiling the eggs. Cook at 180°C/350°F in the air fryer for 8 minutes. Once cool, peel the shells from the boiled eggs.
2. Place the sausagemeat in a bowl, add the garlic paste and garlic powder, then season with plenty of salt and pepper. Mix well to combine.
3. Divide the sausagemeat into 4 equal-sized portions. Roll each portion into a ball and then flatten it out into a round.
4. Place a boiled egg in the centre of each flattened sausagemeat round and pull up the meat around the egg to completely enclose it with no gaps.
5. Place the flour in a bowl and season with a pinch each of salt and pepper. Whisk the egg in a second bowl. In a third bowl, add the panko breadcrumbs and again season with a pinch each of salt and pepper.
6. First, coat the eggs in flour. Next, dip the eggs in the beaten egg, allowing any excess to drip away. Finally, cover the eggs in the panko breadcrumbs, pressing gently to make sure they are fully coated.
7. Place the Scotch eggs in the air fryer, spray with non-stick spray oil and cook at 180°C/350°F for 15 minutes or until golden, turning halfway through the cooking time.
8. Slice each Scotch egg in half to reveal the soft yolk and serve with mustard, if desired.

TIP: If you fancy a change, rather than using plain sausagemeat, you can use the meat from any flavoured sausage for a different taste.

Recipe taken from *How To Make Anything In An Air Fryer* by *Hayley Dean*, photography by Hannah Hughes, published by Ebury Press, £22



PER SCOTCH EGG:

Calories: **506,** Fat **33.4g,** Saturates **2.1g,** Carbohydrate **30.9g,** Sugars **1.8g,** Fibre **1.3g,** Protein **18.7g,** Salt **0.5g**

Korean BBQ halloumi skewers

By Phillips (www.johnlewis.com)

Serves **2-4** | *Prep* **5 mins** | *Cook* **10 mins**

225g (8oz) halloumi
320g (11oz) bell peppers
400g (14oz) courgettes/zucchini
130ml (½ cup) soy sauce
100g (½ cup) brown sugar
2 tbsp chopped garlic
1 tbsp rice vinegar
1 tbsp garlic chilli sauce
1 tbsp ginger, grated
1 tbsp sesame oil
1½ tbsp freshly ground black pepper
1 tbsp water
1 tbsp cornflour/cornstarch
French fries, to serve, if desired

1. Cut the halloumi, peppers and courgette into roughly 6cm (2½in) pieces and place onto the skewers.
2. Stir the soy sauce, brown sugar, garlic, rice wine vinegar, garlic sauce, ginger, sesame oil and black pepper together in a saucepan and bring to a boil.
3. Whisk the cornflour and water together in a small bowl until it dissolves, then add to the soy sauce marinade. Reduce the heat to medium-low and cook for 3-5 minutes, until the sauce thickens.
4. Place the skewers in the air fryer basket, then cook at 200°C/400°F for 10 minutes. Once cooked, cover your skewers with the Korean BBQ sauce and serve with French fries.

PER SERVING:

Calories: **342,** Fat **8g,** Saturates **1.3g,** Carbohydrate **47g,** Sugars **33.8g,** Fibre **4.2g,** Protein **24.5g,** Salt **0.8g**

Bacon jalapeno poppers

By Martin Senders for Phillips (www.phillips.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **6 mins**

- 8 large green jalapenos
- 1 tbsp fresh chives
- 1 garlic clove, peeled
- 40g (1½oz) bacon
- 40g (1/3 cup) Cheddar, grated
- 150g (2/3 cup) cream cheese
- 1 tbsp barbecue sauce
- 2 pinches of freshly ground black pepper

1. Wash the jalapenos, halve them lengthwise and remove the seeds. Wash and finely chop the chives, mince the garlic and cut the bacon into fine pieces.
2. Add the cheese, cream cheese, chives, garlic, bacon, barbecue sauce and black pepper to a bowl and mix well. Fill each jalapeno with the mixture once combined.
3. Place the jalapenos in the air fryer basket and cook for 6 minutes at 190°C/370°F.
4. Once cooked, serve the stuffed jalapenos hot with your choice of sauce on the side.

PER SERVING:

Calories: **183,** Fat **14.6g,** Saturates **8.8g,** Carbohydrate **6.2g,** Sugars **4.5g,** Fibre **1.2g,** Protein **7.6g,** Salt **0.3g**

Tortilla chip-crusted prawns

By Martin Senders for Phillips (www.phillips.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **8 mins**

- 1 free-range egg
- 80g (3oz) tortilla chips
- 12 large peeled prawns
- 1 tsp vegetable oil
- sweet chilli sauce

1. Beat the egg in one bowl, and in another finely crush the tortilla chips.
2. Dip the prawns into the beaten egg, then coat in the crushed tortilla chips, followed by a spray or brush of oil.
3. Arrange the prawns in the air fryer basket, then cook for 8 minutes at 200°C/400°F.
4. Remove and serve hot with a side of sweet chilli sauce.

PER SERVING:

Calories: **174,** Fat **6g,** Saturates **0.8g,** Carbohydrate **15.4g,** Sugars **1.5g,** Fibre **1g,** Protein **14.5g,** Salt **0.2g**

Sweet potato gnocchi with greens and pesto

By The North Carolina Sweet Potato Commission (www.sweetpotatoes-usa.com)

Serves **6** | *Prep* **20 mins** | *Cook* **25-30 mins**

FOR THE GNOCCHI

500g (1lb 1oz) sweet potatoes (4 medium-sized), peeled, diced into medium-sized chunks

100g (3½oz) ricotta cheese

250g (1½ cups + 1 tbsp) plain/all-purpose flour, plus extra for dusting

2 free-range egg yolks

1 tsp salt

60g (2oz) Parmesan, to garnish

FOR THE PESTO

1 bag of fresh basil

1 tbsp lemon juice

grated zest of 1 lemon

150ml (⅔ cup) virgin olive oil

1. Preheat the air fryer to 180°C/350°F.
2. Place the diced sweet potatoes in a steamer pan with 5-8cm (2-3in) water and steam for 15-20 minutes or until completely soft.
3. Meanwhile, add the basil, lemon zest and lemon juice to a food processor, keeping a few basil leaves aside for the garnish.
4. As the pesto blends, gradually pour in the olive oil to make a smooth, loose paste. If the pesto remains thick, add a small amount of water or more oil to loosen further.
5. Once the sweet potatoes have finished steaming, drain and dry, then mash with a potato masher. Fold in the ricotta, egg yolks and salt, then stir in three-quarters of the flour.
6. Continue adding more flour, a couple of tablespoons at a time, until you have a soft but stiff dough.
7. Leave the mixture to rest for 5 minutes.
8. On a well-floured work surface, roll and work the dough into two thumb-sized, fat logs. As you roll the dough, add more flour as needed to prevent sticking.
9. Leave the dough to firm up before cutting the rolls into 2.5cm (1in) pieces with a knife. Set aside as you roll and cut the remaining dough.
10. Cook in the air fryer for 8 minutes, then place in a large bowl and toss with the pesto until covered.
11. Garnish with grated Parmesan and fresh basil leaves before serving.

PER SERVING:

Calories: **529,** Fat **29.3g,** Saturates **6.3g,** Carbohydrate **56.8g,** Sugars **0.7g,** Fibre **4.7g,** Protein **11.8g,** Salt **0.5g**

Thai-style turkey satay

By Jenny Tschiesche

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins**

- 1 tsp paprika
- 1 tsp ground turmeric
- 2 tbsp olive oil
- 550g (1lb 3oz) turkey breast, cut into strips or cubes
- salt and freshly ground black pepper
- lime wedges, to serve

FOR THE SATAY DIP

- 200ml (1 cup) coconut milk
- 3 tbsp smooth peanut butter
- 1 tsp soy sauce
- 1 tsp Thai curry paste
- ½ tsp runny honey
- skewers to fit in your air-fryer

1. Mix the paprika and turmeric with the oil in a bowl, then add the turkey and stir to coat the pieces. Thread the coated pieces onto skewers.
2. Preheat the air fryer to 180°C/350°F. Place the skewers in the air fryer and cook for 7-8 minutes, turning once. Check the internal temperature of the turkey has reached 74°C/165°F using a food thermometer inserted into the thickest part – if it hasn't, cook for a few more minutes.
3. Place all the satay dip ingredients in a heatproof bowl that fits in the air fryer and stir well. Preheat the air-fryer to 190°C/375°F.
4. Add the bowl to the air fryer and cook for 3-5 minutes, stirring twice during cooking.
5. Serve the warm dip with the turkey skewers and lime wedges for squeezing over.

Recipe taken from *Budget Air-Fryer Cookbook* by *Jenny Tschiesche,* photography by Kate Whitaker, published by Ryland Peters & Small, £16.99.

BUDGET
AIR-FRYER
COOKBOOK
JENNY TSCHIESCHE

PER SERVING:

Calories: **975,** Fat **69.1g,** Saturates **30g,** Carbohydrate **20.5g,** Sugars **8.2g,** Fibre **5.1g,** Protein **70.9g,** Salt **0.9g**

Crispy pork dumplings

By Fern Green

Makes **16** | *Prep* **20 mins** | *Cook* **5 mins**

- 350g (12oz) pork mince
- ¼ of a Chinese cabbage, finely chopped
- 1 spring onion, finely sliced
- 1 garlic clove, peeled, grated
- 1½ tbsp soy sauce
- 1 tsp grated ginger
- ½ tsp chilli flakes
- 8 wonton wrappers

FOR THE SAUCE

- 1 tbsp soy sauce
- 2 tbsp sesame oil

1. In a bowl, mix all the dumpling ingredients together, apart from the wonton wrappers. In another bowl, mix the sauce ingredients together. Fill another small bowl with water. Take out a few wonton wrappers and keep the others fully covered so that they don't dry out. Place about 1 tbsp of the filling into the centre of the wrapper.
2. Dip your fingertip into water and run it along the edges of a wonton wrapper. Pick up either side of the wrapper and start to pinch the edge closed around the filling, making little folds here and there when you can. Make sure there is no air trapped inside.
3. Place the dumplings onto a sheet tray. Fill the remaining wrappers and preheat the air fryer to 180°C/360°F.
4. Spray the air fryer with olive oil and place the dumplings in the basket, spaced apart. Spray the tops with more olive oil. You may need to do this in batches depending on the size of your air fryer.
5. Air fry for 4 minutes. Flip the dumplings and spray again, then air fry for another 2-3 minutes until crisp. Serve with the dipping sauce.

PER DUMPLING:

Calories: **99,** Fat **8g,** Saturates **2.3g,** Carbohydrate **2.5g,** Sugars **0.7g,** Fibre **0.2g,** Protein **4.2g,** Salt **0.1g**

Cheeseburger nachos

By Opies (www.opiesfoods.com)

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins**

- 1 tbsp olive oil
- 1 onion, peeled, finely diced
- 450g (1lb) minced/ground beef
- 2 tbsp BBQ sauce
- salt and freshly ground black pepper, to taste
- 200g (7oz) lightly salted tortilla chips
- 75g (⅝ cup) Cheddar cheese, grated
- 75g (⅝ cup) Monterey Jack cheese, grated
- 2 tomatoes, diced
- ½ a jar of Opies Mini Gherkins, roughly chopped
- ½ a jar of Opies Mini Silverskin Onions, roughly chopped
- 6 tbsp burger relish
- 50g (2oz) sliced jalapenos (optional)

1. Heat the oil in a pan and fry the onion for 5-6 minutes until softened. Add the beef and fry for a further 5-10 minutes until browned, then stir in the BBQ sauce and season generously.
2. Scatter a third of the tortilla chips inside the air fryer basket, then add a third of the cheese, followed by layers of minced beef, tomatoes, gherkins and onions until all the chips have been used, followed by the remaining cheese.
3. Air fry at 180°C/360°F for 3-5 minutes or until the cheese is melty, keeping an eye on the cheese to make sure it doesn't burn.

PER SERVING:

Calories: **517,** Fat **19.5g,** Saturates **8.2g,** Carbohydrate **37.6g,** Sugars **11g,** Fibre **4.9g,** Protein **47.1g,** Salt **0.7g**

Rump steak bites

By Aldi (www.aldi.co.uk)

Serves **4** | *Prep* **10 mins** *plus marinating* | *Cook* **6-8 mins**

500g (1lb 1oz) rump steaks

20ml (1¼ tbsp) olive oil

1 tsp garlic and herb seasoning

1 tsp paprika

½ tsp freshly ground black pepper

½ tsp sea salt

FOR THE DIP

60g (¼ cup) salted butter, at room temperature

60g (¼ cup) mayonnaise

1 tsp dried parsley

1 tsp Dijon mustard

1 tsp horseradish sauce

red onion rings, to serve

rocket leaves, to serve

fries or wedges, to serve

1. Trim any fat off the steaks and cut into large bite-sized chunks. Place the chunks in a bowl along with the olive oil, garlic and herb seasoning, paprika, salt and pepper and mix well. Marinate for 30 minutes.
2. Preheat the air fryer to 200°C/400°F.
3. Place the rump steak chunks in the air fryer basket in a single layer, then cook for 6-8 minutes, depending on how you like your steak cooked.
4. Meanwhile, beat the butter, mayonnaise, mustard, horseradish and parsley together.
5. Place the cooked meat on a plate, then either drizzle over the dip or serve on the side. Serve with red onion rings and rocket leaves, fries or wedges.

PER SERVING:

Calories: **512,** Fat **41.2g,** Saturates **15.4g,** Carbohydrate **1.2g,** Sugars **0.2g,** Fibre **0.4g,** Protein **35.3g,** Salt **0.9g**

Bacon-wrapped cod with cheesy asparagus and buttery new potatoes

By Christina Kynigos

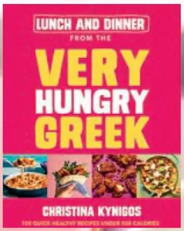
Makes **2** | *Prep* **5 mins** *plus marinating* | *Cook* **12 mins**

- 50g (2oz) new potatoes, halved
- 2 medium cod fillets
- 4 smoked bacon rashers
- low-calorie cooking spray
- 10 asparagus spears
- 40g (1½oz) reduced-fat Cheddar, grated
- salt and freshly ground black pepper
- 1 tbsp low-fat butter
- 1 tbsp fresh parsley, finely diced

1. Boil the new potatoes in salted water for 15 minutes or until tender, then drain.
2. Meanwhile, season the cod fillets with salt and pepper, then wrap two bacon rashers around each fillet.
3. Spray the bacon-wrapped cod with low-calorie cooking spray and air fry at 190°C/375°F for 10-12 minutes, or until the cod is cooked and the bacon is crispy. Flip halfway through.
4. Remove the cod from the air fryer.
5. Cover the asparagus with the cheese, place in a warm pan, then cover and cook until the cheese melts. At the same time, mix the butter and parsley with the potatoes, then serve with the cheesy asparagus and bacon-wrapped cod.

PER SERVING:

Calories: **397,** Fat **23.8g,** Saturates **8.3g,** Carbohydrate **8g,** Sugars **1.9g,** Fibre **2.3g,** Protein **38.3g,** Salt **1g**



Recipe taken from *Lunch and Dinner from The Very Hungry Greek*, by *Christina Kynigos*, published by Yellow Kite, £22.

Strawberry and custard roll buns

By Fern Green

Makes **10** | *Prep* **10 mins** | *Cook* **7 mins**

- 100g (3½oz) frozen strawberries, thawed, roughly chopped
- 2 tbsp butter, at room temperature
- 4 tbsp brown sugar
- 1 sheet of ready rolled puff pastry
- 1 free-range egg, beaten
- 200ml (2 cups) readymade custard
- icing sugar, for dusting

1. For the strawberry filling, combine the strawberries, butter and brown sugar with a handheld whisk. Set aside.
2. Lay out the puff pastry on a flat surface with the long side nearest to you. Using a spoon or a pallet knife, spread the strawberry jam all over the pastry, leaving 2cm (¾in) gap around the edge. Gently roll up the pastry from the shorter end, left to right. Give the buns a large swirl. Once fully rolled, use a serrated knife and cut into slices about 2.5cm (1in) thick.
3. Using a small spoon, push apart the centre layer of each roll to create a small hole. Place 1 tbsp custard in each hole.
4. Using the beaten egg, brush the top of each bun lightly, then cook in the air fryer at 180°C/350°F for 7 minutes until golden and crispy.

PER BUN:

Calories: **143,** Fat **8.1g,** Saturates **3.5g,** Carbohydrate **15.3g,** Sugars **10.6g,** Fibre **0.4g,** Protein **2.4g,** Salt **0.1g**

Jumbo churros with cinnamon custard

By Fern Green

Serves **4** | *Prep* **15 mins** *plus chilling* | *Cook* **10-12 mins**

1 large free-range egg
60g (½ cup) plain/all-purpose flour
a pinch of salt
40g (1½oz) unsalted butter
olive oil spray
75g (½ cup) granulated sugar
1 tsp ground cinnamon
250ml (1 cup) custard, for dipping

1 On a baking sheet, either use a silicone mat or a sheet of baking paper and spray with olive oil. In a saucepan, add 120ml (½ cup) water, the butter, 1 tbsp sugar and the salt and bring to the boil over a medium-high heat.

2 Reduce the heat to medium-low and add the flour, stirring constantly with a rubber spatula and cook until the dough comes together and is smooth. Remove from the heat and transfer the dough to a mixing bowl. Allow to cool for a few minutes.

3 Add the egg to the bowl and, using an electric mixer, process until the dough comes together. The mixture will look like gluey mashed potatoes.

4 Use your hands to create golf ball-sized pieces and transfer to a large piping bag with a large star-shaped tip.

5 Pipe the churros onto the baking mat about 8cm (3in) long. Cut the ends with scissors. Keep going until all the dough is used, then chill in the fridge for 1 hour.

6 Carefully place each churros into the air fryer, making sure there is space between each one. Do this in batches. Spray with olive oil and cook at 180°C/360°F for 10-12 minutes.

7 In a shallow bowl, combine the remaining sugar and cinnamon. Once the churros are cooked, roll in the cinnamon mixture. These are great dipped in warm custard flavoured with 1 tsp cinnamon.

PER SERVING:

Calories: **262,** Fat **9.7g,** Saturates **5g,** Carbohydrate **37.6g,** Sugars **25.7g,** Fibre **0.8g,** Protein **6.6g,** Salt **0.2g**

S’mores dip with banana and chocolate swirls

By Nathan Anthony

Serves **6** | *Prep* **10 mins** | *Cook* **15 mins**

- 2 ready-made crêpes or tortilla wraps
- 2 heaped tbsp chocolate hazelnut spread (I use Nutella)
- 2 bananas, peeled
- icing/powdered sugar, to dust

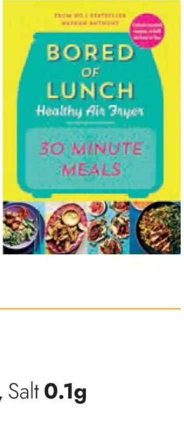
FOR THE S’MORES DIP

- 300g (10½oz) milk chocolate, broken into pieces
- 200g (7oz) large marshmallows

1. Spread each crêpe or wrap with the chocolate hazelnut spread and add a peeled banana on top of each one, placed up to the edge, then roll up the crêpe or wrap until you reach the end. Dust with icing sugar and cut into bite-size chunks. If you want, cook in the air fryer at 200°C/400°F for 7 minutes.
2. For the s’mores dip, place the chocolate on the bottom of a heatproof dish, then scatter the marshmallows on top in an even layer, making sure they fully cover the chocolate. Air fry at 160°C/320°F for 5-6 minutes until gooey and melted.
3. Serve the banana swirls along with the s’mores dip, get stuck in and enjoy. I like to dust the crêpe bites again with icing sugar just before dipping.

***TIP:** This is great if you have a two-drawer air fryer, as you can get the bites and dip going at the same time.*

Recipe taken from *Bored of Lunch Healthy Air Fryer: 30 Minute Meals* by *Nathan Anthony,* photography by Dan Jones, published by Ebury Press, £20.



PER SERVING:

Calories: **536,** Fat **20.4g,** Saturates **13g,** Carbohydrate **84.8g,** Sugars **57.6g,** Fibre **5.6g,** Protein **5.4g,** Salt **0.1g**

Choc chip and pistachio cookies

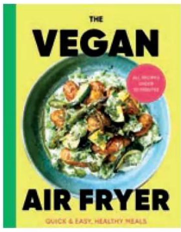
By Niki Webster

Makes **8-10** | *Prep* **15 mins** | *Cook* **10 mins**

- 50g (3 tbsp + 2 tsp) dairy-free butter, melted
- 1 tbsp dairy-free milk
- 100g (⅔ cup) plain/all-purpose flour
- 50g (¼ cup) caster/superfine sugar
- 1 tsp vanilla extract
- ¼ tsp bicarbonate of soda/baking soda
- 50g (⅓ cup) dairy-free choc chips
- 25g (¼ cup) pistachios, crushed

1. Preheat the air fryer to 140°C/285°F for 2 minutes.
2. In a large bowl, combine all the ingredients, apart from the choc chips and nuts. Bring together to form a dough. Add the choc chips and incorporate into the dough.
3. Scoop up 1 tbsp of the mixture at a time and form into a cookie shape. Add to the basket lined with baking paper and top with some crushed pistachios. Press down a little. Repeat with the remaining mix, but don't overcrowd as the cookies will expand.
4. Air fry the cookies for 10 minutes, until crisp on the outside. Repeat with any remaining cookie mixture. Allow to cool on a wire rack.

Recipe taken *The Vegan Air Fryer* by *Niki Webster,* published by Pop Press, £22.



PER COOKIE:

Calories: **136,** Fat **7.1g,** Saturates **3.5g,** Carbohydrate **16.1g,** Sugars **7.4g,** Fibre **0.7g,** Protein **2.1g,** Salt **trace**

Mini New York cheesecakes

By Denise Smart

Makes **6** | *Prep* **10 mins** *plus chilling* | *Cook* **15 mins**

75g (3oz) digestive biscuits, crushed
1¾ tbsp butter, melted
200g (7oz) cream cheese
50g (¼ cup) caster/superfine sugar
50ml (¼ cup) soured cream
finely grated zest of ½ a lemon
1 tsp vanilla extract
2 tsp cornflour/cornstarch
2 free-range eggs, beaten

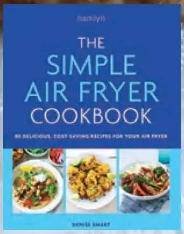
TO DECORATE

6 raspberries, plus extra to serve
icing sugar

1. Line 6 small ramekins or cake tins with paper muffin cases. Stir the crushed biscuits into the melted butter, then press the mixture into the cases in an even layer. Chill in the fridge while you make the filling.
2. Place the cream cheese, caster sugar, soured cream, lemon zest, vanilla, cornflour and eggs in a bowl and beat together until smooth.
3. Spoon the mixture over the biscuit bases, place the ramekins in a preheated air fryer and cook at 150°C/300°F for 15 minutes. Leave to cool in the ramekins, then refrigerate until ready to serve.
4. Remove the cheesecakes from the paper cases and place on a serving plate. Top each with a raspberry and dust with icing sugar. Serve with extra fresh raspberries on the side.

PER SERVING:

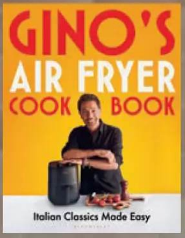
Calories: **283,** Fat **16g,** Saturates **9.2g,** Carbohydrate **21.8g,** Sugars **12.9g,** Fibre **1.1g,** Protein **12.8g,** Salt **0.5g**


hamlyn
THE SIMPLE AIR FRYER COOKBOOK
80 DELICIOUS, COST-SAVING RECIPES FOR YOUR AIR FRYER
DENISE SMART

Recipe taken from *The Simple Air Fryer Cookbook: 80 delicious, cost-saving recipes for your air fryer* by Denise Smart, photography by William Shaw, published by Hamlyn, £16.99.

ITALIAN CLASSICS MADE EASY

Air fryer convert Gino D'Acampo shows us how to make his favourite Italian food the simple and environmentally friendly way...


GINO'S
AIR FRYER
COOK BOOK
Italian Classics Made Easy

Recipes from ***Gino's Air Fryer Cookbook: Italian Classics Made Easy*** by ***Gino D'Acampo***, photography by ***Haarala Hamilton***, published by Bloomsbury, £22.

Carbonara potatoes

(Patate al forno stile carbonara con guanciale e parmigiano)

"At first glance, this might just look like a potato bake, but because of the guanciale and cheese, it really is a meal in itself and you don't need to add anything to it except a side of greens or salad. This is my son Rocco's favourite way to eat potatoes; he always asked my mum Alba to make them for him, and now, when I serve it up, it's as if she is sitting with us, which is so nice… I love how food can bring back wonderful memories. You can substitute the guanciale with pancetta, if you prefer."

Serves **4** | *Prep* **20 mins** | *Cook* **50 mins**

850g (1lb 12oz) floury potatoes, such as Maris Piper, scrubbed, sliced about 5mm (¼in) thick (a mandoline works well)

300ml (1¼ cups) double/heavy cream

1 small garlic clove, peeled, sliced

1 bay leaf

1 tbsp olive oil

70g (2¾oz) guanciale or pancetta, chopped

60g (¼ cup) Parmesan, finely grated

salt and freshly ground black pepper

1. Pour 2 litres (8½ cups) water into a large saucepan with 1 tbsp salt and bring to the boil. Add the potato slices and cook for about 5 minutes until tender; don't let them over cook. Drain in a colander and allow to cool slightly.
2. Put the cream, garlic, bay leaf, ¼ ts salt and ¼ tsp pepper in the empty saucepan and place over a high heat. Once it gets close to boiling, reduce the heat to low and leave to infuse for 5 minutes. Remove from the heat, take out the bay leaf and set aside.
3. Oil a dish which fits in the air fryer with the 1 tbsp oil. Layer about one-third of the potatoes in the dish, then sprinkle over one-third each of the guanciale, Parmesan and cream, with a pinch of salt and pepper. Repeat the process as you build the layers, but don't use the final third of the Parmesan on the top just yet. Press the whole thing down with your hands, to compact it slightly.
4. Preheat the air fryer to 160°C/320°F.
5. Cover the potato bake loosely with a sheet of foil. It shouldn't touch the top of the potatoes, but you can seal it loosely around the dish so it stays firmly in place. Cook for 15 minutes.
6. Remove the foil and cook for a further 15 minutes, then top with the remaining Parmesan cheese and some black pepper. Cook for a final 15 minutes until golden and bubbling. Remove from the air fryer and let stand for 5 minutes before serving.

PER SERVING:

Calories: **666,** Fat **49.5g,** Saturates **23.9g,** Carbohydrate **45.5g,** Sugars **4g,** Fibre **4.7g,** Protein **11.9g,** Salt **0.4g**

Perfect air fryer chocolate fondants

(Tortini caldi ripieni di cioccolato)

"This recipe for little chocolate delights is dedicated to my son Rocco, as it's his favourite dessert of all time. For all you chocolate lovers out there, it is a must-try. These are fantastic if you are entertaining guests and want to impress, as you can get them ready and cook when needed. They will happily sit at room temperature for two hours, waiting for a hot dessert to order... You're welcome!"

Serves **4** | *Prep* **20 mins** | *Cook* **11 mins**

100g (½ cup) butter, cubed, plus more for the moulds
cocoa powder, to dust
125g (¾ cup) dark chocolate, finely chopped
180g (¾ cup) caster/superfine sugar
½ tsp fine sea salt
3 free-range eggs
90g (¾ cup) plain/all-purpose flour
vanilla ice cream, double cream or mascarpone, to serve

1. Grease 4 × 175ml (6fl oz) mini pudding moulds with butter and dust with cocoa powder, tipping away any excess.
2. Place a saucepan of water over a medium heat and bring to a simmer. Place a heatproof bowl on top, ensuring it doesn't touch the water, then gently melt the chocolate and cubed butter together until smooth (you can also melt them in a microwave if you prefer). Use a plastic spatula to stir and combine.
3. Take off the heat, stir in the sugar and salt and allow to cool slightly. Whisk in the eggs one by one with an electric whisk on a medium-low speed. Mix in the flour on a low speed until smooth.
4. Equally pour the chocolate mix into the prepared moulds, then leave to stand at room temperature for 2 hours. Preheat the air fryer to 170°C/340°F.
5. Place the fondants in the air fryer and cook for 11 minutes, then remove and leave to stand for 2 minutes.
6. Carefully run a knife around the edges to loosen, then turn out onto dessert plates. Serve with a generous dollop of vanilla ice cream, double cream – or my personal favourite – mascarpone.

PER SERVING:
Calories: **782,** Fat **42.5g,** Saturates **25g,** Carbohydrate **90.4g,** Sugars **64g,** Fibre **4.6g,** Protein **11.3g,** Salt **0.6g**

Lemon and almond polenta cake
(Torta di polenta, limoni e mandorle)

"This is really special to me, not only because it was one of my mother's specialities, but also because it was a traditional cake made every Easter Sunday without fail. I remember waking up to the aroma of it baking, and, to this day, it takes me back in time. Dessert, afternoon tea or – even better – a breakfast slice: perfect perfect perfect! Make sure to buy fine polenta or cornmeal rather than regular, and your butter must be soft so it combines easily."

Serves **6** | *Prep* **20 mins** | *Cook* **45 mins**

- 125g (½ cup) unsalted butter, softened, cubed, plus extra for greasing
- 100g (1 cup) ground almonds
- 115g (1 cup) fine polenta/cornmeal
- fine salt
- 1 level tsp baking powder
- 175g (¾ cup) caster/superfine sugar
- 2 free-range eggs
- finely grated zest and juice of 2 small lemons (or see tip)
- 75ml (⅓ cup) whole milk

1 Grease a 16×9×7cm (7x3½x2 in) loaf tin and line with baking paper.

2 Put the almonds, polenta, a pinch of salt, the baking powder and 115g (½ cup) sugar in a bowl and stir, so the dry ingredients are evenly mixed.

3 Make a well in the middle, crack in the eggs, add the butter, lemon zest and milk, then beat on a medium speed with an electric whisk for about 3 minutes, working all the dry ingredients in from the sides to create a smooth batter.

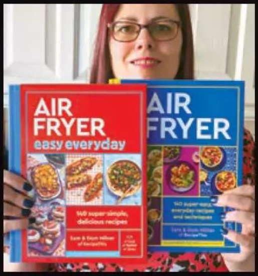
4 Preheat the air fryer to 160°C/320°F.

5 Pour the mixture into the prepared tin, flatten the top, then cook for 20 minutes. Reduce the air fryer temperature to 150°C/300°F and cook for a further 25 minutes, or for a couple of minutes less if your tin is slightly bigger and the batter is less deep, until cooked through and golden. You can check this by putting a cocktail stick or skewer in the middle of your cake, to make sure it comes out clean.

6 Meanwhile, mix the lemon juice and remaining sugar in a jug, to dissolve. When the cake has cooled for 5 minutes, gradually brush or spoon the sugar mixture evenly all over until absorbed. Cool for 10 minutes in the tin, then turn out to cool completely on a wire rack.

***TIP:** You can substitute the lemon juice with limoncello liqueur, if you prefer.*

PER SERVING:
Calories: **417,** Fat **22g,** Saturates **8.5g,** Carbohydrate **50.1g,** Sugars **31.1g,** Fibre **3.2g,** Protein **7.9g,** Salt **0.2g**


AIR FRYER
easy everyday
AIR FRYER

Sam and Dom Milner, founders of ***recipethis.com***, are the co-authors of ***Air Fryer Easy Every Day: 140 super-simple delicious recipes***, published by White Lion Publishing, £20.

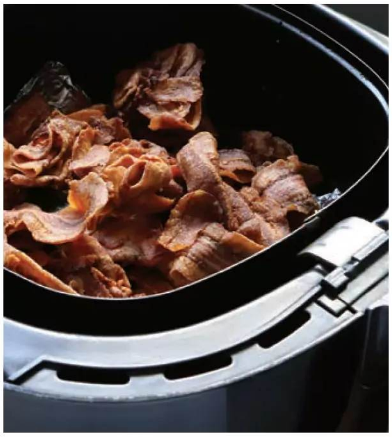
AIR FRYER FEAR?

Is yours STILL in the box? Air frying queen Sam Milner helps you get started

YOU BOUGHT an air fryer because everyone else has one. But is it still sat in its box? You're not alone! Lots of people feel overwhelmed because they don't know where to start. Everyone is sharing different recipes and it's hard to know if they will work. There are also so many different pieces of air fryer advice out there it can get pretty confusing.

The best advice I could give to someone who is brand-new to the air fryer is to think of the air fryer as an all-in-one gadget, but to treat it like an oven. While it will replace the toaster, the grill, the deep fat fryer, the microwave, and so many other appliances, it cooks in a similar way to an oven. You place the food in its basket or drawer like you would an oven tray – it just cooks much faster.

You also use your own oven-style judgement for when to add oil to your air fryer food. If when cooking with the oven you would add fat or oils, then the same applies to the air fryer, just a lot less of it. When you cook an air fryer whole chicken, for example, you never add butter like the oven, but you use a small quantity of extra-virgin olive oil instead.



Another good example of this is frozen food. If you would add extra oil when you are cooking in the oven, the same rule would apply to the air fryer.

If the food you are air frying would cook better if you flipped it, then we recommend flipping the food in the air fryer e.g. steak – in order to get an even cook on each side, or a pasty, that is likely to have a soggy bottom otherwise, and so on.

If food would need turning or moving about in the oven, for example potato wedges, then you would repeat this method in the air fryer by shaking your air fryer basket.

Another golden rule is to only spray your food with extra-virgin olive oil if you feel it's not crispy enough. Use your personal judgement though, as we all love our food at different levels of doneness.

BABY STEPS

So, once you understand that the air fryer is very similar to oven cooking, and that you need to adapt to a quicker cooking time and a flip, shake and a spray of your food, you're ready to actually cook something in the air fryer.

We recommend easing yourself in gently with what we would call a one-ingredient recipe, such as sausages, bacon or frozen food. This is simple air fryer food and it's your job is to taste to see how the air fryer food cooks in your style of air fryer.

Follow the air fryer cooking guide (page 34) to check out the cooking time and the temperature required. When it beeps, think to yourself, is it just how I would like it? Try about five different one-ingredient recipes until you feel confident to move up a level.

My next recommendation to go up a level is to cook two foods together, then try cooking foods which have different cooking times together – so you can focus around getting both foods ready together. A good option for this is to follow the times and temperatures for frozen fish and chips. But, instead of just cooking them together, have a fish cooking time and a chips, then remember to add in the fish at the right time so that when the air fryer beeps they will be ready together.

Then follow this system and make another five different air fryer recipes that pair together two foods. If you love chips (who doesn't!), then you can do a few varieties such as fish fingers and chips, sausage and chips and so on. Each time with frozen chips, as its easier to learn compared to homemade chips.

Once you have done this, you will

Right: New Africa/stock.adobe.com, above: Sutthisak/stock.adobe.com, left: Francisco Zeledon/stock.adobe.com

Above: Striker777/stock.adobe.com, top: Nattawut/stock.adobe.com

have cooked five different one-ingredient recipes and five different two ingredient recipes.

AIR FRYING LIKE A PRO

Next, we recommend following the bowl and oil trick and focusing on learning how to make your air fryer food perfectly crispy. Of course, I am talking about potatoes and the wonder of perfectly crispy, yet fluffy on in the inside potatoes that seasoned air fryer users talk about.

As a beginner it seems daunting, but there is nothing miraculous about how the potatoes are prepared. It's more about how the air technology and circulation creates perfect chips, wedges and such like.

You peel and slice potatoes how you would for the oven, then place them in a bowl. Add in salt and pepper, 1 tbsp of any favourite dried seasoning (parsley or thyme are our go-to ones) and 1 tbsp extra-virgin olive oil. Then, get your hands in and mix the potatoes with the oil and seasoning until well coated. You then spread out your potatoes in the air fryer and let them cook for 25 minutes at 180°C/360°F for wedges. You can also adjust and add an extra few minutes for a crispier texture.

Left: Kritchai/stock.adobe.com, below: Nurul/stock.adobe.com

You can then rinse and repeat this method with a lot of different air fryer potato recipes, although we recommend potato wedges first as they are our absolute favourite. You can do the same for chunky chips, cubed potatoes, and the list goes on.

We recommend trying five different homemade potato recipes. By the end of this you have achieved 15 different things in the air fryer and you will no longer be feeling the fear and anxiety that comes with something new.

You will then find something else and something else that grabs your attention and you, like others, will become a seasoned air fryer user. Just imagine, if you start today with the air fryer and build up on your recipe catalogue, this time next year you will be doing the recipes you once thought were complicated!

Comfort cooking!

Autumn RECIPES

Make these wonderful dishes to put a smile on your plate in the autumnal months...

BANANA PUFFS – P112

Moreish maple breakfast cookies

By Maple From Canada (www.maplefromcanada.co.uk)

Makes **10** | *Prep* **10 mins** *plus chilling* | *Cook* **10 mins**

- 150g (1½ cups) rolled oats
- 125g (1 cup) plain/all-purpose flour
- 80g (¾ cup) desiccated coconut
- 1 tsp cinnamon
- 1 tsp mixed spice
- 1 tsp baking powder
- ½ tsp salt
- 150g (⅔ cup) butter, melted
- 75g (¾ cup) maple sugar
- 4½ tbsp pure maple syrup (preferably amber syrup for its rich taste)
- 40g (¼ cup) dates, pitted, chopped
- 40g (¼ cup) dried cranberries
- 40g (¼ cup) whole, skin on almonds, roughly chopped

1. Line a large tray with baking paper.
2. Mix the oats, flour, coconut, cinnamon, mixed spice, baking powder and salt together in a large bowl.
3. To the melted butter, add the maple sugar, maple syrup and stir in the dates. Add to the dry ingredients and mix in the cranberries and almonds, combining with your hands.
4. Roll into 60g (2oz) balls and pat down into thick circles. Place, spaced apart, on a baking tray and refrigerate for an hour to set.
5. Preheat the air fryer to 160°C/320°F, then bake the cookies for 10 minutes in the basket until golden brown. You may need to do this in batches. Leave for 2 minutes before transferring to a wire rack to cool completely.

TIP: Swap plain flour for chickpea flour for a gluten-free option.

PER COOKIE:

Calories: **346,** Fat **20.5g,** Saturates **12.6g,** Carbohydrate **38.1g,** Sugars **14.5g,** Fibre **4.3g,** Protein **4.9g,** Salt **0.2g**

Gooey rarebit crumpets

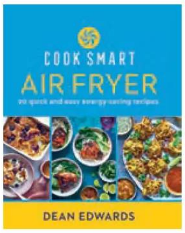
By Dean Edwards

Makes **4** | *Prep* **5 mins** | *Cook* **8 mins**

- 100g (3½oz) mature Cheddar cheese, grated
- 1 tsp English mustard
- 1 tbsp Worcestershire sauce
- 2 free-range egg yolks
- 4 crumpets
- a handful of chives, finely chopped

1. Preheat the air fryer to 190°C/375°F.
2. In a bowl, mix the cheese, mustard, Worcestershire sauce and egg yolks until fully combined.
3. Pop the crumpets on the crisp plate in the air fryer drawer and cook for 3 minutes. Remove from the air fryer and spread on the cheese mix, then return to the air fryer for 5 minutes until bubbling and golden.
4. Serve with a sprinkling of chives.

Recipe taken from *Cook Smart Air Fryer: 90 Quick and Easy Energy-Saving Recipes* by *Dean Edwards,* published by Hamlyn, £22.



PER SERVING:

Calories: **166,** Fat **4g,** Saturates **1.9g,** Carbohydrate **20.9g,** Sugars **0.9g,** Fibre **0.5g,** Protein **10.2g,** Salt **0.2g**

Jalapeno poppers

By Sam and Dom Milner

Makes **32** | *Prep* **8 mins** | *Cook* **12 mins**

1 tbsp salted butter
16 jalapeño chillies
165g (¾ cup) cream cheese
115g (1¼ cups) grated mature/sharp Cheddar cheese
1 tsp garlic purée/paste
1 spring onion/scallion, thinly sliced
4 tsp dried coriander leaf
28g (½ cup) panko breadcrumbs
salt and freshly ground black pepper

1 Put the butter in a ramekin and place the ramekin in the air fryer. Set the temperature to 120°C/250°F and air fry for 4 minutes, or until the butter is melted.

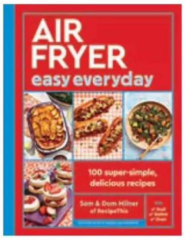
2 Slice the jalapeños lengthways and remove the seeds. Discard the seeds and wash your hands; there is nothing worse than touching your face, especially your eyes, after touching the spicy peppers.

3 Put the cream cheese, Cheddar, garlic purée, spring onion and half the dried coriander in a mixing bowl. Season with salt and pepper and mix well with a spoon. Spoon the mixture into the jalapeños.

4 In another bowl, combine the breadcrumbs, melted butter and the remaining coriander, then mix with a fork. Grab one filled jalapeño at a time and push it, cream cheese down, into the breadcrumbs. The breading will stick to the cheese filling to create a crust. Repeat for all the jalapeño halves until they all have a crust.

5 Carefully place the jalapeños into the air fryer basket/drawer, set the temperature to 180°C/360°F and cook for 8 minutes, or until crispy to your liking.

Recipe taken from *Air Fryer Easy Every Day: 140 super-simple delicious recipes* by *Sam and Dom Milner*, published by White Lion Publishing, £20.



PER POPPER:

Calories: **35,** Fat **3g,** Saturates **1.8g,** Carbohydrate **1.1g,** Sugars **0.5g,** Fibre **0.2g,** Protein **1.4g,** Salt **0.1g**

Spicy tofu noodles

By Niki Webster

Serves **4** | *Prep* **15 mins** | *Cook* **10-12 mins**

1 red onion, peeled, cut into half moons

1 tbsp coconut oil

200g (7oz) white cabbage, shredded

4 garlic cloves, peeled, sliced

a thumb of fresh ginger, peeled, grated

200g (8oz) rice noodles

6 tbsp mixed roasted cashews and peanuts

fresh coriander/cilantro, chopped

mint leaves, chopped

FOR THE CRISPY TOFU

3 tbsp toasted sesame oil

2 tbsp gochujang/sriracha

3 tbsp soy sauce/tamari

300g (10½oz) firm tofu, pressed and cut into medium-sized cubes

FOR THE SAUCE

2 tbsp gochujang/sriracha

3 tbsp soy sauce/tamari

juice of ½ a lime

3 tbsp toasted sesame oil

2 tbsp maple syrup

1 Preheat the air fryer to 200°C/400°F for 2 minutes.

2 For the crispy tofu, mix the marinade ingredients in a large bowl, add the cubed tofu and toss to coat. Transfer to the basket in a single layer and air fry for 5 minutes, or until browned on the edges. Flip and cook for another 4 minutes. Repeat if cooking in batches.

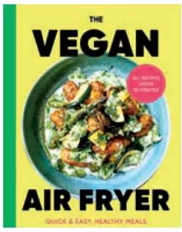
3 Meanwhile, add the onion and coconut oil to a frying pan. Cook for 7-8 minutes, then add the cabbage, garlic and ginger. Fry for 2-3 minutes until the cabbage is soft.

4 Cook the rice noodles according to the pack instructions, then drain.

5 Add all the sauce ingredients to the frying pan along with the noodles and tofu. Mix to combine.

6 Add the spicy tofu noodles to bowls and top with the roasted nuts and herbs.

Recipe taken from *The Vegan Air Fryer* by *Niki Webster*, published by Pop Press, £22.



PER SERVING:

Calories: **622,** Fat **44.3g,** Saturates **9.9g,** Carbohydrate **43.9g,** Sugars **15.4g,** Fibre **6.6g,** Protein **18.7g,** Salt **0.9g**

Roast tikka chicken with cauliflower and potatoes

By Lakeland (www.lakeland.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **45 mins**

- 1 small or medium chicken
- 1 large sweet potato, cubed
- 1 medium potato, cubed
- 1 tbsp vegetable oil
- ½ a cauliflower, cut into florets
- 2 tsp cumin
- 1 tsp salt
- a handful of fresh coriander, chopped, to garnish

FOR THE TIKKA PASTE

- 1 brown onion, peeled
- 2 tbsp vegetable oil
- 2 garlic cloves, peeled
- 2.5cm (1in) piece of fresh ginger
- 1 tbsp tomato purée/paste
- 1 tbsp garam masala
- 1 tbsp paprika
- 1 tsp chilli powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ground coriander
- ½ tsp salt
- juice of ½ a lemon

1. For the tikka paste, combine all the ingredients in a blender or food processor until smooth.
2. Rub the paste over the chicken, making sure to cover the whole surface, then place in one side of a dual air fryer and cook at 200°/400°F for 45 minutes, rotating halfway through. If you don't have a dual function air fryer, cook the chicken in the oven at the same temperature for 45 minutes.
3. Place the cubed sweet potato, potato and cauliflower florets in a large bowl. Add the oil, cumin and salt and give it a good mix, ensuring the veg is evenly coated.
4. Once combined, transfer the veg to an air fryer basket, spread out evenly.
5. When the chicken has approximately 25 minutes remaining, start cooking the vegetables in the other side of the air fryer at 190°/380°F for 25 minutes, tossing throughout.
6. Remove the chicken and vegetables from the air fryer. Place the veg into a serving dish. Ensure the chicken is cooked through (the juices should run clear), then place on top of the veg to rest for around 5 minutes, allowing the juices to mix in with the veg underneath. Serve with a garnish of chopped coriander.

PER SERVING:

Calories: **294,** Fat **13.8g,** Saturates **2.4g,** Carbohydrate **20g,** Sugars **3.3g,** Fibre **3.7g,** Protein **23.6g,** Salt **1g**

Bang bang cauliflower with maple sauce

By Maple From Canada (www.maplefromcanada.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins**

FOR THE CAULIFLOWER

1 cauliflower

110g (¾oz) plain/all-purpose flour

70g (½ cup) cornflour

1 tbsp sweet chilli sauce

200ml (just under 1 cup) dairy or plant-based milk

100g (1 cup) dried breadcrumbs

salt and freshly ground black pepper

FOR THE SAUCE

3 tbsp sweet chilli sauce

2 tbsp mayonnaise (or vegan alternative)

2 tbsp pure Canadian maple syrup (preferably amber syrup for its rich taste)

1 tsp paprika

2 tbsp plant-based milk

1. Preheat the air fryer to 180°C/370°F and line two baking trays with baking paper. Break the cauliflower into small pieces.
2. Measure the flour and tip into a large bowl, add the cornflour and chilli sauce, then season with a little salt and pepper.
3. Add the plant-based milk and mix everything together with a fork or whisk until lump-free.
4. Tip the breadcrumbs into a separate bowl. Dip a floret into the batter, then into the breadcrumbs, then place into the air fryer basket. You may need to do this in batches.
5. Repeat with another piece of cauliflower, then keep going until you've used up all the cauliflower. Cook for 20 minutes, until the cauliflower is golden and crisp.
6. Spoon the chilli sauce, mayonnaise, maple syrup, paprika and plant-based milk into a small bowl and mix together.
7. Carefully remove the cauliflower from the baskets, then pour over the sauce.

PER SERVING:

Calories: **424,** Fat **6.5g,** Saturates **1.1g,** Carbohydrate **82.2g,** Sugars **12.3g,** Fibre **5.5g,** Protein **9.9g,** Salt **0.4g**

Spiced carrot and squash soup

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **35 mins**

- 800g (1lb 10oz) butternut squash, peeled, cut into 2cm (¾in) pieces
- 3 carrots, cleaned, cut into 2cm (¾in) pieces
- 1 large onion, cut into thick wedges
- 2 garlic cloves, peeled
- 1 dried chipotle chilli, torn
- 2 fresh thyme sprigs
- 2 tbsp olive oil
- ½ tsp cumin seeds
- ¼ tsp cumin powder
- sea salt
- natural yoghurt, to serve
- pumpkin seeds, to serve

1 Place the squash, carrots, onions and garlic in a bowl. Drizzle with olive oil and add the chipotle chilli, thyme, spices and a pinch of salt.

2 Massage the oil through the vegetables with your hands, then place in the air fryer and cook at 200°C/400°F for 30 minutes, stirring halfway through.

3 Once cooked, place the vegetables in a blender with 300ml (1½ cups) hot water and blitz until smooth.

4 Serve immediately or reheat when ready to eat. Drizzle with yoghurt and crispy pumpkin seeds.

PER SERVING:

Calories: **430,** Fat **20.8g,** Saturates **3g,** Carbohydrate **58.7g,** Sugars **8g,** Fibre **9.9g,** Protein **10.2g,** Salt **0.5g**

No knead bread

By Easy Peasy Baking campaign (www.fabflour.co.uk)

Serves **6-8** | *Prep* **20 mins** *plus proving* | *Cook* **45-50 mins**

- 480g (2 cups) wholemeal bread flour
- 120g (4½oz) high-fibre seed mix
- 1 packet (7g) of fast-action yeast
- 1 tsp salt
- 480ml (2 cups) warm water

1 Combine the yeast, wholemeal flour, three-quarters of the mixed seeds and salt in a large mixing bowl. Add the warm water and bring everything together to form a sticky dough. Cover with a damp cloth and leave to rise in a warm place for at least an hour.

2 Once the dough has doubled in size, tip it out onto a lightly floured surface, deflate the dough by punching out the air, sprinkle more flour on top, then shape it into a ball. Place the dough into a 20cm (8in) parchment-lined cake tin.

3 Score the top, sprinkle with the remaining seed mix, cover with the damp cloth and leave to rise for a further 10-15 minutes. Preheat the air fryer to 200°C/400°F.

4 Cover the dough lightly with foil, then cook in the air fryer for 30 minutes. Remove the foil from the top and continue to bake the bread for a further 15-20 minutes until golden on top.

5 Carefully remove the bread from the air fryer and the tin and allow to cool completely before slicing and serving.

PER SERVING:

Calories: **309,** Fat **8.3g,** Saturates **0.8g,** Carbohydrate **49.2g,** Sugars **0.6g,** Fibre **3.1g,** Protein **9.7g,** Salt **0.3g**

Posh jacket potato with caramelised red onion and bacon

By Lakeland (www.lakeland.co.uk)

Serves **1** | *Prep* **5 mins** | *Cook* **35 mins**

1 baking potato
2 rashers of streaky bacon, diced
1 red onion, peeled, thinly sliced
25g (¼ cup) Cheddar, grated
2 tsp brown sugar
1 tbsp balsamic vinegar
1 fresh thyme sprig (optional)
salt and freshly ground black pepper

1. Scrub the potato and pat dry. Rub with olive oil and season well with salt and pepper, before piercing a few times with a fork. Put the potato on a tray and place into the microwave on high for 8-10 minutes.
2. Remove from the microwave, then air fry at 200°/400°F for 15-20 minutes, turning throughout.
3. Meanwhile, prepare your toppings. Heat a small drizzle of oil in a frying pan and add the diced bacon. Cook until brown and crispy, then remove from the pan.
4. Add the red onion to the leftover warmed bacon fat in the pan and fry slowly on a low heat, stirring occasionally to ensure it doesn't burn. Once soft and golden brown, add the sugar and balsamic and mix well. Keep cooking the onions for around 5 more minutes, until sticky and caramelised. Add the cooked bacon back into the pan with the onions and mix well.
5. Half the baked potato and add even amounts of the red onion and bacon mixture on both sides, then sprinkle over the grated cheese and return to the air fryer for 2 minutes, or until melted.
6. Serve with a garnish of fresh thyme, if desired

PER SERVING:
Calories: **471,** Fat **20.5g,** Saturates **5g,** Carbohydrate **57.5g,** Sugars **17.8g,** Fibre **6.3g,** Protein **15.1g,** Salt **0.7g**

Mini pizza calzones

By Primula (www.primula.co.uk)

Makes **6** | *Prep* **15 mins** *plus proving* | *Cook* **12-16 mins**

500g (4 cups) plain/all-purpose flour
300ml (1¼ cups) water
5g dry instant yeast
2¾ tbsp olive oil
½ tbsp salt
150g (¾ cup) passata
1 tbsp olive oil
1 tsp dry oregano
salt and freshly ground black pepper, to taste
a pinch of sugar
2 Primula Cheese tubes
70g (2½ oz) ham
70g (2½ oz) salami

1 Mix the water, salt and olive oil in a jug.

2 Sift the flour into a stand mixer bowl and add the dry yeast. With the hook attachment fitted, mix at low speed for a few minutes, adding the water mixture slowly.

3 Once you have obtained a malleable dough, transfer it to a lightly floured work surface and knead for about 10 minutes to develop the gluten mesh, allowing you to get a pliable dough.

4 Place the dough in a lightly oiled bowl, cover with clingfilm or a tea towel and let it rise in a warm place for 2 hours.

5 Season the passata with 1 tbsp olive oil, salt, pepper, sugar and the oregano.

6 When the quantity of the dough has tripled, divide it into six equal balls and work one portion at a time, keeping the others covered in the bowl.

7 Roll out the first ball of the dough into a small disc and transfer it to a baking tray lined with parchment paper. Spread a few tablespoons of passata on half the freshly rolled dough disc, then cover with salami slices and Primula Cheese. Fold the dough like a book to form a half-moon and seal the edges well to create a nice ledge. Repeat, filling some with ham.

8 Preheat the air fryer to 160°C/320°F, then cook the mini calzones for 12-16 minutes.

9 Serve the mini calzones warm, or store in an air-tight container overnight and eat the next day.

PER CALZONE:

Calories: **529,** Fat **19.4g,** Saturates **7.5g,** Carbohydrate **68.8g,** Sugars **2.8g,** Fibre **3.2g,** Protein **18.6g,** Salt **1.2g**

Sweet potato nachos

By Sam and Dom Milner

Serves **2** | *Prep* **20 mins** | *Cook* **21 mins**

400g (14oz) tinned taco beans in tomato sauce

1 tsp ground coriander

1 tsp garlic powder

1 tsp sweet paprika

140g (1 cup) frozen sweetcorn

170g (2 scant cups) grated mature/sharp Cheddar cheese

6 pickled jalapeños, sliced, plus extra to sprinkle

salt and freshly ground black pepper

TO SERVE (OPTIONAL)

2 tbsp sour cream

2 tbsp guacamole

fresh coriander

FOR THE SWEET POTATO CRISPS

425g (15oz) sweet potatoes

3 tbsp extra-virgin olive oil

2 tsp mixed herbs/Italian seasoning

a pinch of garlic powder

salt and freshly ground black pepper

1 For the sweet potato crisps, preheat the air fryer to 200°C/400°F. Peel the potatoes then, using a mandolin on a 2mm (1/16in) setting, slice the potatoes into very thin discs.
Discard any ends that are not a uniform circle shape.

2 Put the potato slices in a bowl and add the olive oil, herbs and garlic powder. Season with salt and pepper, then mix well with your hands.

3 Arrange the sliced potatoes in the air fryer basket or spread out over two dual drawers, making sure that they are in a single layer (you will need to cook them in batches). Keep the temperature at 200°C/400°F and cook for 8 minutes. Use tongs to flip the crisps over and cook at the same temperature for another 7 minutes, or until crispy and golden. If you feel some are still not crispy enough, add a couple of extra minutes, but remove the cooked ones first.

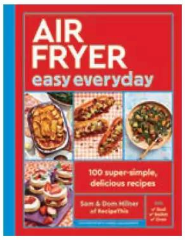
4 Create a layer of sweet potato crisps/chips in the bottom of a 20cm (8in) dish.

5 Drain the mixed taco beans, then put them in a mixing bowl. Add the ground coriander, garlic powder, sweet paprika and frozen sweetcorn, then season with salt and pepper and mix well.

6 Sprinkle half the grated cheese over the sweet potato crisps, then add the taco bean mixture, followed by the remaining cheese. Finish by sprinkling over the sliced jalapeños. As you layer up, don't take the toppings right to the edges — you will then have some crisps/chips that are bare at the edges and can be grabbed easily when the nachos are cooked.

7 Place the dish in the air fryer basket. Set the temperature to 180°C/360°F and cook for 8 minutes, or until the beans are heated through and the cheese is melted.

8 Remove the dish from the air fryer with oven gloves as it will be hot. Use a spatula to get underneath and remove the nachos from the base, transferring them to a serving platter. We like to serve them with sour cream and guacamole, and sprinkled with fresh coriander leaves and more jalapeños, but it's up to you!


AIR FRYER
easy everyday
100 super-simple, delicious recipes
Sam & Dom Milner of RecipeThis

Recipe taken from *Air Fryer Easy Every Day: 140 super-simple delicious recipes* by *Sam and Dom Milner*, published by White Lion Publishing, £20.

PER SERVING:
Calories: **974,** Fat **54.9g,** Saturates **21.1g,** Carbohydrate **92.2g,** Sugars **15.8g,** Fibre **15.1g,** Protein **37.4g,** Salt **1.7g**

Cauliflower, potato and pea curry

By Niki Webster

Serves **2-4** | *Prep* **10 mins** | *Cook* **20-25 mins**

450g (1lb) baby potatoes, roughly chopped
2 tbsp olive oil
sea salt and freshly ground black pepper
1 small cauliflower, cut into small florets

FOR THE CURRY

1 tbsp olive oil
1 large onion, peeled, roughly chopped
1 tsp cumin seeds
1 tsp ground turmeric
1 tsp garam masala
½-1 tsp chilli flakes
3 garlic cloves, peeled, sliced
1 thumb-sized piece of fresh ginger, peeled, grated
6 tomatoes, roughly chopped
200g (scant 1½ cups) frozen peas
4-5 tbsp coconut yoghurt/cream/plain yoghurt

1 Preheat the air fryer to 200°C/400°F for 2 minutes.

2 Toss the potatoes in 1 tbsp olive oil and some sea salt. Place the potatoes in the basket and air fry for 10 minutes. Shake occasionally and cook until golden and tender, about 5 minutes.

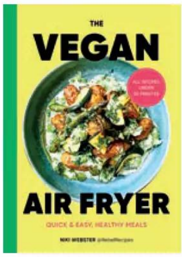
3 Toss the cauliflower in the remaining olive oil with some sea salt and black pepper and place in a baking tin. Air fry the cauliflower at 180°C/350°F for 9-10 minutes.

4 Meanwhile, for the curry, add the olive oil to a large frying pan and fry the onion for 8-10 minutes until soft and browning. Add the spices and stir for a few minutes, then add the garlic and ginger and stir for another few minutes.

5 Add the chopped tomatoes and cook on a medium heat for a further 5-6 minutes until the tomatoes have broken down a little.

6 Add the frozen peas and roast veg and stir in the coconut yoghurt or cream. Season to taste and serve.

Recipe taken from *The Vegan Air Fryer* by *Niki Webster,* published by Pop Press, £22.



PER SERVING:

Calories**: 293,** Fat **15.1g,** Saturates **2.5g,** Carbohydrate **35.3g,** Sugars **7.8g,** Fibre **6.7g,** Protein **6.9g,** Salt **0.3g**

Greek stuffed peppers with crumbled feta

By Christina Kynigos

Serves **4** | *Prep* **5 mins** | *20-25* **mins**

4 large peppers (any colour)

low-calorie cooking spray

1 red onion, peeled, finely diced

2 garlic cloves, peeled, minced

500g (1lb 1oz) lean minced/ground beef

½ tsp ground cinnamon

1 tsp dried oregano

a pinch of salt and pepper

450ml (1⅔ cups) chicken stock/bouillon

200g (1 cup) basmati rice

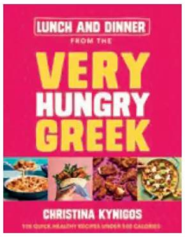
500g (2¼ cups) passata

100g (3½oz) feta, crumbled

2-3 tbsp finely chopped fresh parsley

1. Slice the peppers in half lengthways and remove the seeds and membrane.
2. Place the peppers cut-side down on a piece of foil in the air fryer and spray with low-calorie cooking spray. Cook at 180°C/350°F for 5-6 minutes to soften.
3. Meanwhile, spray a large pan with low-calorie cooking spray and fry the onion for 2-3 minutes to soften, then add the garlic and beef mince. Fry for a couple of minutes, then add the cinnamon, oregano, salt and pepper and mix well. Mix in the chicken stock, rice and passata, then simmer for 10 minutes or until all the stock has been absorbed and the rice is cooked.
4. Flip the peppers, fill with the beef mixture, crumble over the feta and cook for a further 5-10 minutes in the air fryer.
5. Garnish with the remaining crumbled feta and a sprinkle of parsley.

Recipe taken from *Lunch and Dinner from The Very Hungry Greek*, by *Christina Kynigos*, published by Yellow Kite, £22.



PER SERVING:

Calories: **505,** Fat **14.5g,** Saturates **6.7g,** Carbohydrate **57.2g,** Sugars **5.9g,** Fibre **3.5g,** Protein **36.3g,** Salt **0.5g**

Pork katsu curry

By Christina Kynigos

Serves **4** | *Prep* **5 mins** | *Cook* **14 mins**

- 4 lean pork steaks
- 1 free-range egg, beaten
- 40g (¼ cup) panko breadcrumbs
- low-calorie cooking spray
- salt and freshly ground black pepper

FOR THE KATSU SAUCE

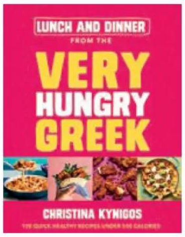
- 3 carrots, peeled, sliced
- 1 onion, peeled, sliced
- 2.5cm (1in) piece of fresh ginger, minced
- 2 garlic cloves, peeled, minced
- 1 tbsp curry powder of your choice
- 1 tsp garam masala
- 1 tbsp honey
- 2 tsp soy sauce
- 550ml (2⅓ cups) chicken stock

SIDE SUGGESTIONS

- boiled rice
- side salad

1. Use a tenderiser or cover the pork steaks with clingfilm and bash with a rolling pin to tenderise.
2. Season the pork steaks with salt and pepper, dip into the beaten egg, then into the panko breadcrumbs.
3. Spray the coated pork with low-calorie cooking spray and air-fry at 190°C/370°F for 7 minutes before flipping and spraying with more low-calorie cooking spray and air-frying for a further 7 minutes.
4. Meanwhile, spray a pan with low-calorie cooking spray and fry the carrots and onion for 3-4 minutes until softened. Add the ginger, garlic, curry powder and garam masala and fry for a further minute.
5. Add the remaining katsu sauce ingredients, mix well and simmer for 6-8 minutes, then blend in a food processor or with a hand blender until smooth. Serve the pork coated in the katsu sauce.
6. Serve with bolied rice or a salad.

TIP:** **If you don't fancy pork, swap it for chicken or make it veggie by using sliced sweet potato and veggie stock!



Recipe taken from *Lunch and Dinner from The Very Hungry Greek*, by Christina Kynigos, published by Yellow Kite, £22.

PER SERVING:

Calories: **477,** Fat **26.2g,** Saturates **1g,** Carbohydrate **23.5g,** Sugars **8.6g,** Fibre **3g,** Protein **36.7g,** Salt **0.4g**

Aubergine parmigiana

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **20 mins**

- 1 medium aubergine/eggplant
- 40g (¾ cup) breadcrumbs, panko or other
- 25g (¼ cup) grated Parmesan, plus extra for topping
- 1 tsp dried mixed herbs
- 1 garlic clove, peeled, grated
- 2 large free-range eggs, beaten
- 250ml (1 cup) passata/tomato sauce
- 1 tbsp white wine vinegar
- 120g (1 cup) grated mozzarella
- olive oil spray
- salt and freshly ground black pepper

1 Slice the aubergine into 2cm (¾in) thick rounds, discarding the ends. Mix the breadcrumbs in a bowl with the herbs and Parmesan. Season to taste.

2 Place the beaten eggs into another bowl and season again.

3 Place an aubergine round into the egg mix, then press into the breadcrumb mixture. Repeat until all the rounds are coated with the mixture.

4 Spray the aubergine with oil and air fry at 180°C/360°F for 8 minutes, flipping halfway through, then give them a spray of oil to finish.

5 Meanwhile, mix the white wine vinegar and garlic into the passata and season to taste.

6 Once the aubergines are crispy, top each one with tomato sauce and a good tablespoon of grated mozzarella, then air fry for a further 3-4 minutes. Serve topped with Parmesan.

PER SERVING:

Calories: **341,** Fat **8.7g,** Saturates **2.6g,** Carbohydrate **35.1g,** Sugars **10.4g,** Fibre **6.9g,** Protein **32g,** Salt **1.2g**

Sticky sesame tofu tacos and slaw

By Niki Webster

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins**

- 300g (10½oz) firm tofu, pressed, cut into 2cm (¾in) cubes
- oil spray
- 1 large red onion, peeled, cut into strips
- 1 tbsp olive oil
- 3 garlic cloves, peeled, finely chopped
- 1-2 tbsp fresh ginger, peeled, grated
- a pinch of chilli flakes
- 5 tbsp soy sauce/tamari
- 1 tbsp toasted sesame oil
- 1 tbsp maple syrup
- juice of 1 lime
- 1 ripe avocado
- 4 soft tacos

FOR THE SLAW

- ¼ of a white cabbage, shredded
- 3 spring/green onions, sliced
- 20g (⅓ cup) chopped fresh mint/coriander/cilantro
- 3 tbsp plain vegan yoghurt
- juice of ½ a lime

1 Preheat the air fryer to 200°C/400°F for 2 minutes.

2 Transfer the tofu cubes, sprayed with some oil, to the basket and air fry for 5 minutes, or until browned on the edges. Flip and cook for another 7 minutes.

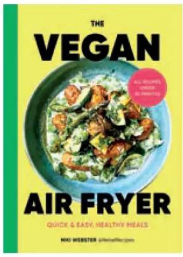
3 While the tofu is cooking, fry the onion in the olive oil in a frying pan for 5-6 minutes. Add the garlic, ginger and chilli flakes and fry for a further minute. Pour in the soy sauce, toasted sesame oil, maple syrup and half the lime juice. Cook on a medium heat for 2 minutes. Add the cooked tofu, toss and season to taste.

4 Mash the avocado in a bowl with the remaining lime juice and season to taste.

5 To make the slaw, put the cabbage, spring onions, herbs, yoghurt and lime juice in a large bowl. Mix well and season to taste.

6 To serve, heat the tacos according to the packet instructions, then top with the sticky tofu, avocado and crunchy slaw.

Recipe taken from *The Vegan Air Fryer* by *Niki Webster,* published by Pop Press, £22.



PER SERVING:

Calories: **432,** Fat **23.2g,** Saturates **3.9g,** Carbohydrate **45.9g,** Sugars **12.5g,** Fibre **5.7g,** Protein **13.4g,** Salt **0.6g**

Cheesy garlic and prawn tortilla pizza

By Primula (www.primula.co.uk)

Serves **2** | *Prep* **5 mins** | *Cook* **8 mins**

4 mini tortillas
4 tbsp passata
50g (2oz) Primula Cheese 'n' Prawns
70g (2¾oz) Primula Mature Cheddar

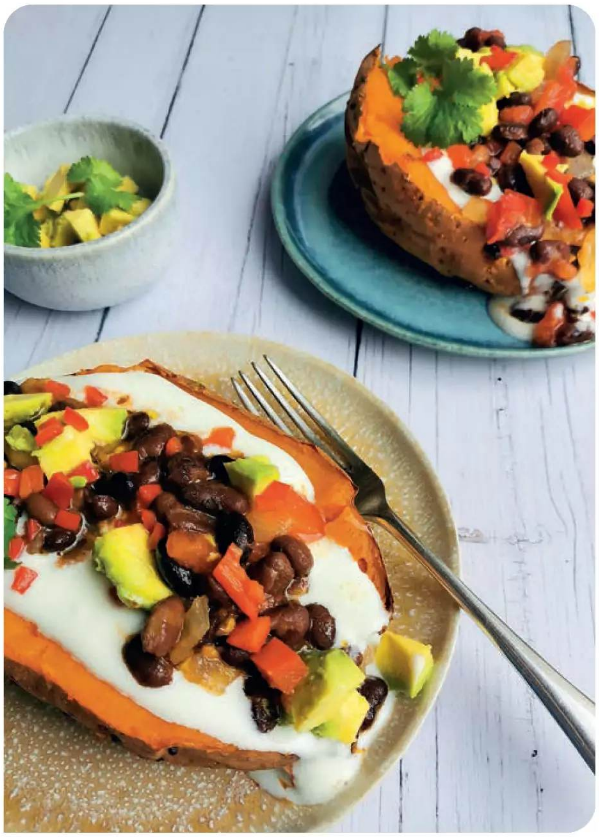
FOR THE TOPPING

40g (1½oz) king prawns, cooked
½ a garlic clove, peeled, crushed
¼ of a red onion, peeled, sliced
a handful of rocket, to serve

1. Spread a small amount of Primula Cheese 'n' Prawns across one side of a tortilla. Top with another tortilla and place in the air fryer basket. Air fry at 360°F/180°C for 2-3 minutes or until the tortilla is golden.
2. Flip the tortilla over, spread the passata over the tortilla, then top with the Cheddar, king prawns, garlic and red onion.
3. Air fry the pizza for 2-5 minutes or until heated through and the cheese is melted.
4. Repeat to make two tortilla pizzas. Sprinkle over a handful of rocket before serving.

PER SERVING:

Calories: **336,** Fat **12.4g,** Saturates **5.2g,** Carbohydrate **35.7g,** Sugars **2.5g,** Fibre **5.1g,** Protein **20.9g,** Salt **1g**



Sweet potato with spicy black beans and yoghurt

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **40 mins**

2 sweet potatoes
1 red onion, peeled, chopped
1 garlic clove, peeled, sliced
½ a red pepper, chopped
1 tomato, chopped
230g (11oz) black beans
1 red chilli, finely chopped
4 tbsp natural yoghurt
½ an avocado, destoned, chopped
1 tbsp chopped coriander
olive oil spray

1. Place the sweet potatoes in the fryer and cook for 30 minutes. Once cooked all the way through, set aside and keep warm.
2. Place the onion and garlic in the air fryer tray of the basket and spray with olive oil. Cook for 3 minutes. Add the red pepper, chilli, black beans and tomato and cook for a further 4 minutes until cooked through.
3. Slice open the sweet potato and add a couple of tablespoons of yoghurt onto each. Top with the black bean mixture and avocado and sprinkle with coriander.

PER SERVING:

Calories: **751,** Fat **14.5g,** Saturates **3.2g,** Carbohydrate **128.8g,** Sugars **10.1g,** Fibre **28.9g,** Protein **31g,** Salt **0.1g**

Cauliflower steaks with Romesco sauce and chickpeas

By Niki Webster

Serves **2-4** | *Prep* **15 mins** | *Cook* **22 mins**

1 cauliflower, sliced into steaks

3 tbsp extra-virgin olive oil

1 tin of chickpeas/garbanzos, drained

20g (⅓ cup) chopped mixed fresh dill and mint

FOR THE ROMESCO SAUCE

3 red/bell peppers, deseeded, chopped

50ml (scant ¼ cup) extra-virgin olive oil

50g (½ cup) ground almonds/almond meal

2 tbsp sun-dried tomato paste

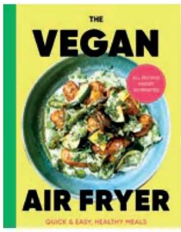
1 garlic clove, peeled

1 tbsp smoked paprika

4 tbsp red wine vinegar

1. Preheat the air fryer to 180°C/350°F for 2 minutes.
2. To cook the red peppers, place in the basket, drizzle with 1 tbsp extra-virgin olive oil and some sea salt and black pepper. Air fry for about 10 minutes, shaking occasionally.
3. Put the cauliflower in the other basket (air fry separately if you only have one basket) along with 1 tbsp olive oil and season well. Air fry for 7 minutes, then flip the steaks around and cook for 5 more minutes.
4. To make the sauce, put all the romesco sauce ingredients, along with the roast peppers, in a food processor and blitz together to combine.
5. Mix the chickpeas, herbs and remaining olive oil in a bowl. Season well.
6. Serve the cauliflower steaks on a bed of Romesco sauce and top with the chickpeas.

Recipe taken from *The Vegan Air Fryer* by *Niki Webster*, published by Pop Press, £22.



PER SERVING:

Calories: **618,** Fat **38.4g,** Saturates **4.3g,** Carbohydrate **54.3g,** Sugars **12.8g,** Fibre **13.6g,** Protein **18g,** Salt **0.1g**

Sweet potato brownies

By The North Carolina Sweet Potato Commission (www.sweetpotatoes-usa.com)

Makes **6-12** | *Prep* **15 mins** | *Cook* **1 hour**

2 sweet potatoes, halved
100g (3½oz) unsalted butter, cubed
200g (7oz) dark chocolate, chopped
160g (1 cup) light soft brown sugar
2 free-range eggs
2 tsp vanilla extract
100g (½ cup + 2 tbsp) self-raising flour
25g (¼ cup) cocoa powder
1 tsp ground ginger
100g (3½oz) dark chocolate chips

1. Preheat the air fryer to 160°C/320°F. Butter and line a 20cm (8in) square brownie tin.
2. Wrap the sweet potatoes in foil, place on a baking sheet and cook in the air fryer for 35-45 minutes or until soft.
3. Once cool enough to handle, scoop out the flesh and weigh 200g (7oz) before adding to a bowl and mashing.
4. In a pan over a low heat, melt the butter and chopped chocolate, stirring regularly.
5. Add the light soft brown sugar to the mashed sweet potato, beat until smooth, then gently stir in the melted chocolate and butter.
6. Slowly mix in the eggs, followed by the vanilla extract, then sift in the flour, cocoa powder and ground ginger and combine well. Fold in the chocolate chips, pour into the brownie tin and smooth the top.
7. Bake in the air fryer for 15-20 minutes until just set and still a little soft in the middle. Cool in the tin, then remove and cut into pieces.

PER BROWNIE:
Calories: **318,** Fat **14.3g,** Saturates **9.3g,** Carbohydrate **45.5g,** Sugars **26.3g,** Fibre **2.8g,** Protein **4.3g,** Salt **0.1g**

Bakewell blondies

By Niki Behjousiar (www.nikibakes.uk)

Makes **16** | *Prep* **15 mins** | *Cook* **15-20 mins**

- 250g (1 cup + 2 tbsp) unsalted butter, melted
- 125g (½ cup) light musavado sugar
- 125g (½ cup) light brown sugar
- 3 free-range eggs
- 1 tsp almond extract
- 100g (1 cup) ground almonds
- 200g (1⅔ cups) gluten-free plain flour
- 1 tbsp cornflour/cornstarch
- 200g (1 cup) white chocolate chips
- 250g (½ cup) raspberry or cherry jam
- 50g (½ cup) flaked almonds
- icing sugar, for dusting

1. Preheat the air fryer to 160°C/320°F and line a tin with greaseproof paper.
2. In a large bowl, add the melted butter and sugars and beat until smooth. Add the eggs and almond extract and beat again until smooth.
3. Add in the flour, ground almonds and cornflour and beat into a thick batter. Finally, add the chocolate chips and fold through.
4. Pour the mixture into the tin, spoon over the jam and lightly swirl through the mixture, but don't over swirl. Sprinkle over the flaked almonds, then air fry for 15-20 minutes.
5. Leave the blondies to cool in the tin, then serve straight away, or put them in the fridge for an hour to create a lovely fudgy texture. Finish off with a liberal dusting of icing sugar.

PER BLONDIE:
Calories: **366,** Fat **18.2g,** Saturates **8.4g,** Carbohydrate **46.4g,** Sugars **31.4g,** Fibre **1.7g,** Protein **5.6g,** Salt **0.05g**

Marmalade crumble bars

By Niki Behjousiar (www.nikibakes.uk)

Makes **12** | *Prep* **15 mins** | *Cook* **30-35 mins**

- 200g (⅔ cup) marmalade
- 200g (1 cup) unsalted vegan butter, softened
- 170g (¾ cup) light brown sugar
- ½ tsp vanilla extract
- 400g (2½ cups) gluten-free flour
- ½ tsp xanthan gum
- a pinch of sea salt
- 120g (1 cup) ground almonds

1. Line a square baking tin (which will fit into your air fryer basket) with greaseproof paper, then set aside.
2. In a large bowl, mix the softened butter, light brown sugar and vanilla together with a wooden spoon or rubber spatula until just combined. Sift in the flour, xanthan gum and salt and mix together until the dough starts clumping together. Give it a thorough knead to bring it together into a smooth ball with no patches of dry flour.
3. Press just over half of the cookie dough into the baking tin. Smooth it out into an even layer with a small offset spatula.
4. Sprinkle the ground almonds evenly across the dough, all the way to the edges.
5. Arrange the marmalade in an even layer on top of the ground almonds and crumble over the remaining cookie dough.
6. Air fry at 180°C/350°F for 30-35 minutes or until the crumb topping is evenly golden brown.
7. Allow the bars to cool completely to room temperature before removing them from the baking tin and slicing them into individual portions.

PER BAR:
Calories: **394,** Fat **18.8g,** Saturates **2.6g,** Carbohydrate **52.7g,** Sugars **24.3g,** Fibre **2.3g,** Protein **5.8g,** Salt **0.2g**

Banana puffs

By Rebecca Wilson

Make **12-14** | *Prep* **10 mins** | *Cook* **8-10 mins**

- 1 x 375g (13oz) sheet of ready-rolled puff pastry
- 3 large ripe bananas, peeled
- 1 tbsp vanilla extract
- 1 tbsp maple syrup (optional)
- 1 free-range egg, beaten
- 2 tsp ground cinnamon, plus a little extra for sprinkling
- 2 tsp demerara sugar (optional)

1 Unroll the pastry and lay it out horizontally in front of you on a flat, clean work surface. Work quickly here as the pastry will become sticky and difficult to work with if sat out for too long.

2 Mash half of one of the bananas with a fork in a small bowl. Add the vanilla extract, maple syrup, if using, and 2 tbsp beaten egg. Mix very well, then scrape every last bit onto the pastry. Use the back of a spoon or a pastry brush to spread the mixture evenly across, reaching right to the edges of the pastry. Use your fingertips to sprinkle the cinnamon over from a height so there is an even coating.

3 Place the remaining bananas in a line across the length of the pastry sheet, positioned approx 7.5cm (3in) away from the edge closest to you. You essentially want a long sausage shape, with no gaps between the bananas if possible. If your bananas are a little bendy, tear them in half to straighten the sausage shape out. Gather the pastry edge closest to you and roll the pastry up and around the bananas. Keep rolling up until all the pastry is wrapped around the fruit.

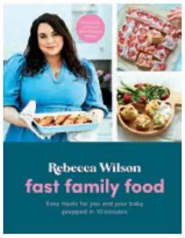
4 Trim the ends of the pastry if there's no banana inside, then cut into 2cm (¾in) discs using a sharp knife. Lay the discs on the lined baking sheet, cut banana-side up. If any banana pieces fall out, just push them back into the centre of the pastry. The pastries may look a little messy right now, but don't worry as they'll puff up and even out as they air fry.

5 Brush the remaining beaten egg over the sides and top of each banana puff. Sprinkle a tiny amount of extra cinnamon on each banana piece. If you like, add a tiny sprinkling of demerara sugar to each one too; this will caramelise to give a delicious taste and texture.

6 Place in the air fryer basket, ensuring they are at least 2.5cm (1in) apart and air fry at 180°C/350°F for 8-10 minutes until puffed up and golden. Depending on the size of your air fryer, you may need to do these in batches, storing uncooked puffs in the fridge between batches.

7 Allow to cool for 10 minutes before serving warm, or let cool completely and store to enjoy cold later on.

Recipe taken from *Fast Family Food* by *Rebecca Wilson*, published by DK, £18.99.



PER BANANA PUFF:

Calories: **189,** Fat **10.6g,** Saturates **2.7g,** Carbohydrate **21.2g,** Sugars **5.8g,** Fibre **1.3g,** Protein **2.7g,** Salt **0.1g**

Sticky toffee pudding

By Latoyah Egerton

Serves **2** | *Prep* **5 mins** *plus soaking* | *Cook* **10-12 minutes**

60g (2¼oz) pitted dates, cut into small pieces

80g (1 cup) porridge oats

½ tsp baking powder

½ tsp ground cinnamon

a pinch of salt

200ml (scant 1 cup) skimmed milk

low-calorie cooking spray

fat-free vanilla Greek yoghurt, to serve

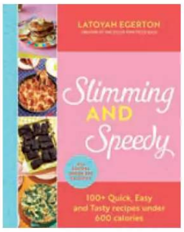
1 Grease a 13x9cm (5x3½in) baking dish with low-calorie cooking spray.

2 Put the date pieces in a heatproof bowl, pour over 100ml (scant ½ cup) boiled water and set aside to soak for 5 minutes until the dates have softened.

3 Blitz the oats in a food processor or blender until finely ground to a powder, then transfer to a mixing bowl. Add the baking powder, cinnamon and salt, then drain the soaked dates and add them in as well. Add the milk and mix to form a batter.

4 Pour the mixture into the greased baking dish and cook in the air fryer at 180°C/350°F for 10-12 minutes until golden. Serve with the yoghurt.

Recipe taken from *Slimming and Speedy: 100+ Quick, Easy and Tasty Recipes Under 600 Calories* by *Latoyah Egerton*, published by Greenfinch, £19.99.



PER SERVING:

Calories: **529,** Fat **5.1g,** Saturates **0.8g,** Carbohydrate **87.9g,** Sugars **56.6g,** Fibre **6.9g,** Protein **33.1g,** Salt **0.5g**

Apple and blackberry crumble

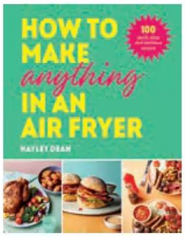
By Hayley Dean

Serves **4** | *Prep* **15 mins** | *Cook* **25 mins**

- 400g (14oz) Bramley apples, peeled and cut into small cubes
- 70g (⅓ cup) soft brown sugar
- 200g (1½ cups) blackberries
- 50g (¼ cup) unsalted butter, cold, cut into small cubes
- 100g (½ cup + 2 tbsp) plain/all-purpose flour
- ½ tsp ground cinnamon
- custard, cream or ice cream, to serve (optional)

1. Preheat the air fryer to 180°C/350°F.
2. Put the apples into a heatproof dish and sprinkle over half the brown sugar. Cook for 10 minutes or until the apples start to soften.
3. After 10 minutes, add the blackberries to the dish, mix well and cook everything for a further 5 minutes.
4. To make the crumble topping, combine the butter and flour in a bowl. Using your fingertips, bring the crumble topping together until it resembles large crumbs.
5. Add the remaining brown sugar and ground cinnamon to the crumble topping, then stir well.
6. Scatter the crumble topping over the fruit in the dish. Cook for 10 minutes or until the crumble topping starts to turn golden all over.
7. Spoon the crumble into individual bowls and serve with your choice of custard, cream or ice cream, if desired.

Recipe taken from *How To Make Anything In An Air Fryer* by Hayley *Dean*, photography by Hannah Hughes, published by Ebury Press, £22.



PER SERVING:

Calories: **385,** Fat **11g,** Saturates **6.5g,** Carbohydrate **72.1g,** Sugars **42.7g,** Fibre **8.9g,** Protein **4g,** Salt **0.1g**

AirFryer YEARBOOK

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